# City of San Bruno Winter & Spring 2014









**Community Services Activity Guide** 

# Polar Bear Plunge!

# Saturday, January 25 8:30am

San Bruno Park Pool \$20 proceeds benefit the Youth Enhancement Scholarship Fund Code: 5561.101



Dust off your swimsuits and start off the New Year right! Take a "plunge" in our unheated San Bruno Park Pool. This annual fun event will benefit our Youth Scholarship Fund. Each participant will receive a long sleeve t-shirt and snacks after they take the plunge. Please indicate on the registration form what size t-shirt you would like. Ages 5-over.

Pre-register by 1/16. Registrations after 1/16 will not be guaranteed a t-shirt.

You are cordially invited to the 12th Annual

# Father/Daughter Dinner Dance



Saturday, February 1
at the San Bruno Senior Center
5:30-8:30pm
for girls ages 4 to 11 only
\$55 per couple-3507.101
\$12 per additional person-3507.102



Spend a special night with your daughter. Enjoy a delicious dinner and then dance into the night together. Each family will receive a photo to remember the night. If a father is unavailable, grandfathers, uncles, or family friends are welcome!

Tickets are limited and sell out fast!

#### **Table of Contents & Class Locations**

<b>Table</b>	of (	Conte	nts
--------------	------	-------	-----

Adult Enrichment Classes	27-34
Adults 50+	
After School Sports	
City Contact Information	
City Parks Locations	
Class Locations	
Commissioners & Committee Members	5
Community Groups	40
Community Information	8
Community Recognition Award	9
Exercise Room Information	8
Facility Rental Information	7
Father Daughter DanceInside	
Holiday Camps	10-11
Library InformationInside Back	Cover
Lifeguard Training Classes	8
Open Gym Hours	8
Polar Bear PlungeInside	Cover
Parkside Sports	26
Picnic & Park Rental Information	
Project PRIDE Egg HuntBack	Cover
Registration Form	
Registration Information	41
Special Needs	30
Sports Contacts	
Summer Camp Information	
Teen Activities	
Youth Enhancement Scholarship	
Youth Enrichment Classes	16-23

# City offices will be closed:

December 24 & 25 January 1 January 20 February 17 May 26 Winter Break New Year's Day Martin Luther King Presidents' Day Memorial Day



The San Bruno Community Services Department "Providing Quality Programs, Places & Services"

#### **Class Locations:**

Barrett Community Center: 1835 Belburn Ave, Belmont Bay Badminton Center: 1611 Adrian Rd. Burlingame Belle Air Community Center: 400 3rd Avenue, SB Forest Hill Christian Church: 250 Laguna Honda Blvd. SF Grundy Park: Cherry Avenue @ Park Ave., SB Lions Field: End of 1st Avenue, SB Millbrae Community Center: 477 Lincoln Circle, Millbrae Monte Verde Elem. School: 2551 St. Cloud Drive, SB Parkside Elementary School:1801 Niles Avenue, SB Portola Elem. School: Amador & Lake Drive, SB Rollingwood Elementary School: 2500 Cottonwood, SB San Bruno Park Pool: 201 City Park Way, SB San Bruno Senior Center: 1555 Crystal Springs, SB SF Fencing: 400 Balboa (cross street 41st Ave.) SF Tanforan Professional Center: 1405 B Huntington, SSF Veterans Memorial Recreation Center: City Park -251 City Park Way (Crystal Springs @ Oak Ave.), SB ViBO Music Center: 488 San Mateo Ave., SB



#### **Youth Enhancement Scholarship**

The San Bruno Community Services Department is proud to offer scholarship programs for children with little resources and who want to learn something new, meet new friends, and have a positive role model from a teacher or recreation leader. We believe that recreation strengthens safety and security, promotes health and wellness, and fosters human development. You could partner with us by helping to make San Bruno a better place for our children. Contribute to the Youth Enhancement Scholarship Program by giving any amount you wish when you register. Thank you for helping to make a difference in a child's life through recreation. If you are interested in receiving an application to receive a scholarship to participate in a recreation class or program, please call 650-616-7182 or e-mail dbrewer@sanbruno.ca.gov.

# **City Contact Information**

San Bruno City Council

Jim Ruane, Mayor • Irene O'Connell, Vice Mayor • Rico E. Medina • Ken Ibarra • Michael Salazar The City Council meets the 2nd & 4th Tuesdays of each month at 7:00pm, at the San Bruno Senior Center, 1555 Crystal Springs Road

#### San Bruno City Manager

Connie Jackson

#### Parks & Recreation Commission

Mike Palmer-Chair • Laura Davis-Vice Chair • Lorry Greenberg • Tom Lara • Stephan Marshall • David Nigel • Greg Pierce • Lucy Zamattia • Vacant-Youth Representative The Parks & Recreation Commission meets the 3rd Wednesday of each month at 6:30pm, at San Bruno City Hall, 567 El Camino Real, Room #115.

**Senior Advisory Board** 

Bill Goff-Chair • Barbara Luzaich-Vice Chair • Dorothy Carmichael • Ellen Donnelly Elisa Geraldi • Flori Green • Ken Kreisel

The Senior Advisory Board meets the 3rd Tuesday of each month at 9:00 am, at the San Bruno Senior Center, 1555 Crystal Springs Road.

#### **Culture & Arts Commission**

Melodie Tobin-Chair • Bardi Rosman Koodrin-Vice Chair • Pamela Gamble • Jeanne George Carolyn Livengood • Pamela Madden • Tami Parker The Culture & Arts Commission meets the 3rd Thursday of each month at 6:30pm, at San Bruno City Hall, 567 El Camino Real, Room #115.

#### **Community Services**

Kerry Burns, Interim Community Services Director Jackie Mattias, Executive Assistant 616-7185

#### **Recreation Services**

Danielle Brewer, Community Services Superintendent 616-7182 Jennie Tucker, Recreation Services Supervisor 616-7184 Dee Kranitz, Recreation Services Supervisor 616-7183 Amy Bohlen, Accounting Representative 616-7187

#### **Library Services**

John Alita, Assistant Community Services Director 616-7017 Barbara Bruxvoort, Children's Services Manager 616-7014 Tim Wallace, Library Services Manager 616-7084

#### **Senior Services**

Mary Tessier, Recreation Services Supervisor 616-7152 Gloria Deeter, Recreation Services Supervisor 616-7154 Susan Mrsny, Recreation Services Supervisor 616-7155 Ron Miles Senior Bus Drivers 616-7150

#### Parks & Facilities Services

Rene Walsh, Parks Field Supervisor 616-7193 Dan Barros, Parks Field Supervisor 616-7194

# **City of San Bruno Community Services Facilities**

Phone: 616-7150

Fax: 589-8219 **Business Hours** 

1555 Crystal Springs Road

Monday - Friday 8:00am - 4:00pm

**Senior Center** 

#### **Veterans Memorial Recreation Center**

251 City Park Way Phone: 616-7180 Fax: 583-2545 **Business Hours** Monday - Thursday 8:00am - 9:00pm 8:00am - 5:00pm Friday Saturday 9:00am - 1:00pm Sunday Closed

www.sanbruno.ca.gov

#### Website

#### San Bruno, CA 94066 **Parks & Facilities Division**

1125 Crystal Springs Avenue Phone: 616-7195

Fax: 225-9314

Mailing Address

567 El Camino Real

#### **Field Condition Hotline**

616-7180 press 6

#### San Bruno Park Pool

201 City Park Way Phone: 616-7191

#### San Bruno Public Library

701 Angus Avenue West Phone: 616-7078 Fax: 876-0848 Business Hours

Monday - Thurs 11:00am - 8:00pm Friday 1:00pm - 5:00pm 10:00am - 5:00pm Saturday Sunday Closed

#### **Commissioners & Committee Members**



#### **Parks & Recreation Commission**

Front Row: David Nigel Lorry Greenberg, Tom Lara

Back Row: Claudia Calonje, Stephan Marshall, Lucy Zamattia, Mike Palmer-Chair, Greg Pierce, Laura Davis-Vice Chair



# **Senior Advisory Board**

Front Row: Ken Kreisel, Bill Goff-Chair, Barbara Luzaich-Vice Chair

Back Row: Flori Green, Elisa Geraldi, Dorothy Carmichael

Not Pictured: Ellen Donnelly



#### **Culture & Arts Commission**

Front Row: Carolyn Livengood, Bardi Rosman Koodrin-Vice Chair Barbara Gallo.

Back Row: Emile Hons, Melodie Tobin-Chair, Tami Parker, Jeanne George.

Not Pictured: Pamela Gamble, Pamela Madden

#### Picnic Site Rental & Park Information

#### Peak Rental Rates (March 1-October 31)

San Bruno City Park

Small Areas (Areas 1-6 & 8-11): \$85 Resident, \$107 Non-resident Medium Areas (Areas 7 & 12): \$95 Resident, \$119 Non-resident Large Area (Beckner Shelter): \$300 Resident, \$375 Non-resident

Commodore Park

Small Areas (Areas 1-3): \$85 Resident, \$107 Non-resident

Grundy Park

Small Area (Area 1): \$85 Resident, \$107 Non-resident

#### Off Peak Rental Rates (November 1-February 28)

San Bruno City Park Small Areas (Areas 1-6 & 8-11): Medium Areas (Areas 7 & 12): Large Area (Beckner Shelter):

Commodore Park

Small Areas (Areas 1-3):

Grundy Park

Small Area (Area 1):

\$40 Resident, \$50 Non-resident \$50 Resident, \$63 Non-resident \$150 Resident, \$188 Non-resident

\$40 Resident, \$50 Non-resident

\$40 Resident, \$50 Non-resident

# **Picnic Rental Policy**

Picnic reservations can now be made up to one year in advance.

For example, when August is complete, picnic area reservations for the following

August will be taken.

#### Alcohol Permit: \$10

Park	Location	Acres	Amenities
Bayshore Circle Park	N. Bayshore Circle	1	
Belle Air Park/Lions Field	S. End 1st & 3rd Aves.	3	₩ • ♦
Buckeye Park	Rosewood Dr. near Madison Ave.	7	★ ≒ 本
Catalpa Tot Lot	Catalpa near Fleetwood		P. Ja
City Park	Crystal Springs @ Oak Aves.	31	
Commodore Park	Commodore Dr. @ Cherry Ave.	4	
Crestmoor High Fields	Top of Courtland Dr.	12	
Earl & Glenview Park	Earl Ave. @ Glenview Dr.	2	
Fleetwood Tot Lot	Fleetwood near Rollingwood Dr.	1/2	
Forest Lane Park	Forest Ln. @ Green Ave.	4	
Grundy Park	Cherry & Park Aves.	4	
Herman Tot Lot	Diamond & Herman Sts.	1/4	Fig. 7
Lomita Park	500 San Anselmo Ave.	1/4	<b>集中 河</b>
Monte Verde Park	Oakmont @ Evergreen Drs.	5	<b>№</b> •
Pacific Heights Park	Longview @ Goodwin Drs.	5	
Ponderosa Park	Pacific Heights Blv d @ Seacliff Way	1/4	<b>F</b>
Posy Park	San Mateo @ Huntington Aves.	1/4	News to the second seco
7th Avenue Park	7th @ Angus Aves.	1/2	東海 700 美
7th & Walnut	7th @ Walnut Aves.	1	











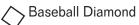




5 & Under Equipment



Basketball Court











# **Facility Rental Information**

Facilities are available for reservation at the San Bruno Veterans Memorial Recreation Center and San Bruno City Park. Apply in person at the Recreation Center Office located in San Bruno City Park, 251 City Park Way, Monday through Thursday from 8:30am to 8:30pm, Friday from 8:30am to 4:30pm, and Saturday from 9:30am to 12:30pm. For further information, call (650) 616-7180.

#### <u>Veterans Memorial Recreation Center Meeting</u> <u>Room Rental Fees</u>

Maximum of 140 people 1st Four Hours: \$252 Resident, \$316 Non-resident Each Additional Hour: \$63 Resident, \$79 Non-resident Set Up/Break Down/Cleaning: \$200 Cleaning/Security Deposit: \$400 Kitchen Included

#### <u>Veterans Memorial Recreation</u> <u>Center Conference Room Rental Fees</u>

Maximum of 20 people \$15 Resident, \$18 Non-resident (per hour) \$100 Cleaning/Security Deposit

#### **Community Room**

\$50 Resident, \$63 Non-resident (per hour) \$200 Deposit \$100 Cleaning Fee

#### San Bruno Senior Center

Nestled in the natural setting of San Bruno Park, the San Bruno Senior Center offers nearly 5,000 square feet of floor space in the multipurpose room. Reservations must be made at the Senior Center, Monday through Friday from 8:30am-3:30pm. For further information, call the Senior Center at (650) 616-7150.



#### <u>Veterans Memorial Recreation Center Gymnasium</u> Rental Fees

\$100 Resident, \$125 Non-resident (per hour) \$100 Cleaning/Security Deposit No Food Allowed

#### **Rotary Pavilion at City Park**

\$50 Resident, \$63 Non-resident (per hour) \$100 Deposit Maximum of 50 persons in attendance. No amplified music or sound.

#### **Library - Lower Level**

\$50 Resident, \$63 Non-resident (per hour) \$200 Deposit \$100 Cleaning Fee



#### **Athletic Fields**

\$30 Resident per hour/\$38 Non-Resident Additional cost for lights if using after dark. Call 650-616-7182 for field availability.

#### **Tennis Courts at City Park**

\$8 per hour per court (four hour minimum)

#### San Bruno Park Pool (June - August)

Fridays, Saturdays, & Sundays from 4:30-6:30 \$120 Resident, \$150 Non-resident (per hour) Over 50 Swimmers additional \$20 per hour Additional rental of small pool \$20 per hour

# **Community Information**

#### Open Gym (Basketball)

Mondays & Wednesday Evenings

San Bruno's Gymnasium is located at 251 City Park Way (Participants must show proof of age by valid California ID or Drivers' License or School ID).

\$2-Youth Open Play \$4-Adult Open Play Basketball Basketball 16 & Under 17 & Over 6:30-7:30pm 7:30-9:15pm

Gym scheduled to close from Dec 1st - March 31st



Become a fan on Facebook San Bruno Community Services



Find us on Twitter @sbcommunity

# Control Business with the San Bruno

The Community Services Department is accepting advertisement in the Activity Guides. 14,000 Guides are printed and distributed three times per year (April, August, December) and distributed via bulk mail to every address in San Bruno. The Guides are also available at the Recreation Center, Senior Center, City Hall, and Library.

Contact Danielle Brewer at 650-616-7182 or dbrewer@sanbruno.ca.gov if you are interested or would like additional information.

Size	1 Issue	3 Issues
Inside Back Cover (10 x 7.5-Color)	\$500	\$1,250
Full Page Inside (10 x 7.5 Black & White)	\$400	\$1,000
1/2 Page Inside (5 x 7.5 Black & White)	\$250	\$625
1/4 Page Inside (4.25 x 3.5 Black & White)	\$150	\$375
Business Card (2 x 3 Black & White)	\$90	\$225

#### **Exercise Room**

San Bruno Residents Only The San Bruno Exercise Room is located at the front of the Veterans Memorial Recreation Center. The room is 625 square feet, has natural sun light and fresh air circulation. Equipment includes a Universal Weight Lifting Machine, Olympic bench press, free weights, exercycle, treadmill, Stairmaster, Smith Glide Machine, Leg Curl/Extension machine, and dumbbells. Users must register at time of first use. Please note: only San Bruno residents over the age of 18 are permitted to use the exercise room. All exercise room hours are coed.

**Hours of Operation:** Cost: \$4 one day pass Monday-Thursday: 8am-9pm \$24 per month \$95 per 6 months Friday: 8am-5pm Saturday: 9am-1pm



**Lifeguard Training Class** 

This course, based on the American Red Cross Lifeguarding Program, will certify students in Lifeguarding, CPR and AED for the Professional Rescuer, and First Aid. Students must be 15 years of age by the last day of class and pass a swim pre-test (swim 300 yards continuously, retrieve a 10 pound brick from 10 feet and return it to designated spot). Attendance at all meetings is required for certification. Ages 15-over.

Cost: \$185 per person Location: San Bruno Park Pool Instructor: SB Pool Staff

Session 1

M-F 0901.101 10:00am-3:30pm 3/31-4/4 Session 2 Sat/Sun 10:00am-5:00pm 0901.102 4/5-4/13 Session 3 0901.103 10:00am-5:00pm Sun M-F 5:00-9:00pm 5/12-5/16

# **Community Recognition Award**

Do you know a volunteer in the San Bruno community who is deserving of recognition for all the hard work and dedication he/she has demonstrated? If your answer is yes, please nominate him/her for a Community Recognition Award. The San Bruno Parks and Recreation Commission will review applications and the award will be publicly presented to the deserving recipient at a televised Parks and Recreation Commission Meeting.

#### Nomination Deadline is Tuesday, February 4, 2014

Attn: Community Recognition Award

567 El Camino Real San Bruno, CA 94066

Nominations can be submitted by e-mail to: dbrewer@sanbruno.ca.gov

In person to: San Bruno Recreation Center, 251 City Park Way

#### Criteria/Guideline

- 1. A person who has given unselfishly to the city or community.
- 2. A person who has performed an outstanding task for the city or community.
- 3. A person who shows service to the city, its citizens, and the community.
- 4. A person who goes above and beyond the call of duty for the city and the community.

4. A person who goes above and beyond the can	of daty for the city and the community.
Individual or Organization to be nominate Name:	ed Address:
Phone:	E-mail Address:
Short Biography of Nominee	
Nature of Service to the Parks and Recre	eation Community:
(type of program, uniqueness, number of people	
Submitted by	Dhono

# **Vacation Camps**

#### **Winter Vacation Camp**

It's almost Winter Vacation again and you are probably looking for something for your children to do during their school break. San Bruno Community Services Department is offering Winter Vacation Camp! Participants will join Recreation Leaders in games, songs, cooking, sports, arts and crafts, gift making, and all around fun. Recreation Leaders will keep your children active all day! Bring a bag lunch each day! No camp 12/24, 12/25, & 1/1. Ages 4-11.

Location: Recreation Center Community Room

Week 1: \$86 Resident, \$101 Non-resident (3 days)

3610.401 M,Th, F 10:00am-4:00pm 12/23-12/27

Week 2: \$114 Resident, \$129 Non-resident (4 days) 3610.402 M,T, Th,F 10:00am-4:00pm

#### Winter Vacation Extended Camp

This program is designed for parents who need extended care or for those children who just can't get enough camp. Recreation Leaders will be on site to play games, create craft projects, and have fun! No camp 12/24, 12/25, & 1/1 Ages 4-11.

Drop In: \$7 Resident, \$9 Non-resident (per day, per session)

**Week 1:** \$21 Resident, \$27 Non-resident (3 days) 3611.401 M,Th, F 7:30-10:00am 12/23-12/27

3611.403 M,Th, F 4:00-6:00pm 12/23-12/27

Week 2: \$28 Resident, \$36 Non-resident (4 days)

3611.402 M,T, Th,F 7:30-10:00am 12/30-1/3 M,T, Th,F 4:00-6:00pm 3611.404 12/30-1/3



**Spring Vacation Camp** 

It's almost spring vacation again and you are probably looking for something for your children to do during their school break. San Bruno Community Services Department is offering Spring Vacation Camp! Participants will join Recreation Leaders in games, songs, cooking, sports, arts and crafts, gift making, and all around fun. Recreation Leaders will keep your children active all day! Bring a bag lunch each day! Ages 4-11.

Cost: \$142 Resident, \$157 Non-resident

Location: Recreation Center Community Room

Instructor: Recreation Leaders

3600.101 M-F 10:00am-4:00pm 3/31-4/4



**Spring Vacation Extended Camp** 

This program is designed for parents who need extended care or for those children who just can't get enough camp. Recreation Leaders will be on site to play games, create craft projects, and have fun! Ages

Cost: \$30 Resident, \$38 Non-resident Drop In: \$7 Resident, \$9 Non-resident

(per day, per session)

Location: Recreation Center Community Room

Instructor: Recreation Leaders

Morning Extended Camp

2601.101 7:30-10:00am M-F 3/31-4/4

Afternoon Extended Camp

M-F 4:00-6:00pm 3/31-4/4 2601.102

# **Holiday Day Camps**

#### **MLK Game Day Basketball Camp**

Games, Games, and more Games! This fun, one day program by National Academy of Athletics features all the games including dribble knock-out, Around the World, Pepsi Hot Spot, one on one, three on three, and more. Designed to let the participants have a day where play is the main focus, this program is a basketball players dream come true. Come and play with our experienced coaches as they offer quality instruction to all participants, but remember: this one is all about FUN! Ages 6-13.

Location: San Bruno Recreation Gym
Instructor: National Academy of Athletics
Cost:\$52 Resident, \$65 Non-resident (1 class)
3222.106 M 9:00-12:00pm 1/20
Cost: \$68 Resident, \$81 Non-resident (1 class)
3222.107 M 9:00-3:00pm 1/20

#### **All Sorts of Sports-One Day Camp**

A great way to introduce your youngsters to the world of sports, teamwork, and athletics! This one day camp by the National Academy of Athletics will help to build your child's motor control, hand-eye coordination, agility, and many other sports related skills. Your child will have a blast playing games with the other children that may include: T-ball, basketball, soccer, flag football, capture the flag, relay & obstacle races, and a whole lot more. This camp will feature different activities so that your child will be familiar with a variety of athletic activities! Ages 6-13.

Location: San Bruno Recreation Gym
Instructor: National Academy of Athletics
Cost:\$52 Resident, \$65 Non-resident (1 class)
3222.112 M 9:00-12:00pm 4/21
Cost: \$68 Resident, \$81 Non-resident (1 class)
3222.113 M 9:00-3:00pm 4/21



#### Spring Break Baseball/Softball Camp

The HIT & RUN baseball/softball camps offered by the National Academy of Athletics offer beginner to intermediate players the opportunity to build a solid foundation. Players love these camps because each day is filled with fundamental skill progression drills and easy to understand instruction, as well as games & competition. Players are taught the fundamental skills and challenged to put them to the test in daily fun competitions. The staff uses positive reinforcement to help motivate the campers. Baseball / Softball Camps are great for boys and girls. Campers are grouped by age and ability to learn appropriate drills, skills, and techniques. Ages 6-12.

Location: Lions Field (End of 1st Ave) Instructor: National Academy of Athletics

Cost:\$149 Resident, \$164 Non-resident (5 classes) 3222.101 M-F 9:00-12:00pm 3/31-4/4 Cost: \$195 Resident, \$210 Non-resident (5 classes) 3222.102 M-F 9:00-3:00pm 3/31-4/4



Recology San Bruno is a 100% employee-owned company. We stand with a strong commitment to our community, dedication to quality customer service and to the preservation of our environment for future generations.

Please, consider Recology San Bruno as your environmental partner.

WASTE ZERO!
650.583.8536
recologysanbruno.com

Paid Advertisement

# Summer Camp

#### Mini Kaleidoscope 31/2 - 5 years

Mini Kaleidoscope campers...get ready for some fun!!! Campers will explore the thrill and fascination of exploring the world around them. Children will enjoy arts & crafts, games, camp songs, special events, and more. Activities for each week will be focused around a special theme. A weekly schedule will be distributed to each camper on the first day of each session. Morning or full day sessions are available. Children should bring a bag lunch every day unless otherwise noted on the session schedule. Cost includes Camp T-shirt and all supplies. Participants must have a Health Information Form on file PRIOR to participation in camp. Extended camp is available. We are now accepting children 3<sup>1/2</sup>-5 years old (Children born on or before December 15, 2010) through entering Kindergarten). All children must be potty trained, no exceptions. Enrollment for each camp session closes the Saturday prior to the upcoming weekly camp session. A \$20 late fee will be charged for those who sign-up for camp on the Monday of each camp session.

#### MORNING SESSION ONLY

Monday-Friday, 10am-1pm Cost: \$84 Resident, \$99 Non-resident (Session 4 only) \$71 Resident, \$86 Non-resident

Morning Session 1	2600.301	6/9-6/13
Morning Session 2	2600.302	6/16-6/20
Morning Session 3	2600.303	6/23-6/27
Morning Session 4	2600.304	6/30-7/3 (no camp 7/4)
Morning Session 5	2600.305	7/7-7/11
Morning Session 6	2600.306	7/14-7/18
Morning Session 7	2600.307	7/21-7/25
Morning Session 8	2600.308	7/28-8/1
Morning Session 9	2600.309	8/4-8/8
Morning Session 10	2600.310	8/11-8/15
Morning Session 11	2600.311	8/18-8/22

#### **Summer Job Opportunities**

We are now accepting applications for various part time positions for Summer (June-August) employment. Interviews will take place in April. You can pick up and return your application to the Veterans Memorial Recreation Center in San Bruno City Park.

Summer Day Camp

The San Bruno Recreation Services Division is looking for motivated, responsible, and enthusiastic individuals to plan and implement summer activities for children between the ages of 3.5 and 13 years. Minimum age to apply is 15. Deadline to apply is April 8.

Aquatics Positions
The San Bruno Park Pool employs Cashiers, Lifeguards, Water Safety Instructors, and Pool Managers. Lifeguards, Water Safety Instructors, and Pool Managers must have valid Lifeguard Training Certifications issued by the American Red Cross.

Leaders In Training -deadline to apply April 30 Water Safety Aids - deadline to apply May 16

#### **FULL DAY SESSION**

Monday-Friday, 10am-4pm Cost: \$142 Resident, \$157 Non-resident (Session 4 only) \$117 Resident, \$132 Non-resident

Full Day Session 1	2601.301	6/9-6/13
Full Day Session 2	2601.302	6/16-6/20
Full Day Session 3	2601.303	6/23-6/27
Full Day Session 4	2601.304	6/30-7/3 (no camp 7/4)
Full Day Session 5	2601.305	7/7-7/11
Full Day Session 6	2601.306	7/14-7/18
Full Day Session 7	2601.307	7/21-7/25
Full Day Session 8	2601.308	7/28-8/1
Full Day Session 9	2601.309	8/4-8/8
Full Day Session 10	2601.310	8/11-8/15
Full Day Session 11	2601.311	8/18-8/22

#### Extended Camp options on page 14

Sign up for all 11 sessions of Mini Kaleidoscope and receive a 15% discount! Code: 2600.312- Morning Session Only \$775 Resident, \$915 Non-resident

> Code: 2601.312 - Full Day Session \$1,307 Resident, \$1,447 Non-resident

\*15% discount already included in listed price

No Refunds Allowed for Individual Sessions.

Sign up before July 1 and receive 10% off registration for your second child in the same household for individual weeks.

# **Summer Camp**

Camp Kaleidoscope 6-10 years old (or entering 1st Grade)

Camp will offer youth, ages 6-10 years old, a wide range of activities to keep them active during the summer months. There will be eleven sessions of camp, each one week in length. Five sessions will have a featured field trip and all eleven sessions will have a featured special event, a day of swimming at the San Bruno Park Pool, and more! All costs, including transportation by charter bus for the featured trip, are included in the cost of the camp program. Children will also enjoy activities such as arts & crafts, outdoor games, indoor games, music & drama, special events, cooking projects, bowling, movies, swimming, hiking, and much more. A schedule will be given out the first day of each session. Children will be divided into age groups. Each group will be assigned a leader and a junior leader or leader in training. Each day campers should bring a bag lunch and wear tennis shoes and a sweatshirt. Cost Includes: Camp T-shirt, field trip fees, and all supplies! Please be sure all items are clearly labeled with the camper's name. Participants must have a Health Information Form on file PRIOR to participation in camp. Enrollment for each camp session closes the Saturday prior to the upcoming weekly camp participation in camp. Enrollment for each camp session closes the Saturday prior to the upcoming weekly camp session. A \$20 late fee will be charged for those who sign-up for camp on the Monday of each camp session.

#### **REGULAR CAMP SESSION**

Monday-Friday, 10am-4pm

Cost: \$142 Resident, \$157 Non-resident

Session 1	3607.301	6/9-6/13
Session 3	3607.303	6/23-6/27
Session 5	3607.305	7/7-7/11
Session 7	3607.307	7/21-7/25
Session 9	3607.309	8/4-8/8
Session 11	3607.311	8/18-8/22

#### FIELD TRIP CAMP SESSION

Monday-Friday, 10am-4pm Cost: \$165 Résident, \$180 Non-resident

(Session 4 only) \$132 Resident, \$147 Non-resident

Session 2 - Exploratorium	3607.302	6/16-6/20
Session 4 - Golfland	3607.304	6/30-7/3 (no camp 7/4)
Session 6 - Pump It Up	3607.306	7/14-7/18
Session 8 - Oakland Zoo	3607.308	7/28-8/1
Session 10 - Aqua Adventures	3607.310	8/11-8/15

# 3 Day Camp Option Available for Full Day Mini Kaleidoscope, Camp Kaleidoscope, & Adventure Camp

\$39 per day resident, \$49 per day non-resident

Must be pre-registered the Wednesday before, five (5) days prior to session start day.

No discounts apply.

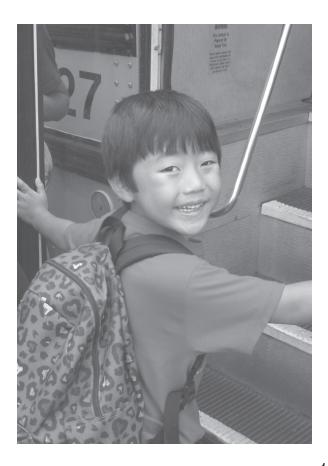
Sign up for all 11 sessions of Camp Kaleidoscope and receive a 15% discount! Code: 3607.312

> \$1397 Resident, \$1538 Non-resident \*15% discount already included in listed price

No Refunds Allowed for Individual Sessions.

Sign up before July 1 and receive 10% off registration for your second child in the same household for individual weeks.

#### Extended Camp options on page 14



#### Summer Camp Adventure Camp 11-13 years

Come join the excitement of Adventure Camp with the San Bruno Recreation Division. Adventure Camp provides a fun and exciting experience for teens ages 11-13. Leaders provide a safe environment that helps teens develop social skills and the appreciation for the environment. A regular weekly schedule may include a field trip such as movies, bowling, ice skating, miniature golf, swimming, pizza parties, and featured trips. Camp participants will meet in San Bruno City Park at the Rotary Pavilion area daily. Transportation for local trips will be by Sam Trans or walking. A schedule will be provided on the first day of each session. Cost includes a Camp T-shirt, field trip fees, and all supplies! Participants must have a Health Information Form on file PRIOR to participation in camp. Enrollment for each camp session closes the Saturday prior to the upcoming weekly camp session. A \$20 late fee will be charged for those who sign-up for camp on the Monday of each camp

# session REGULAR CAMP SESSION

Monday-Friday 10am-4pm Cost: \$153 Resident, \$168 Non-resident

Session 1	4600.301	6/9-6/13
Session 3	4600.303	6/23-6/27
Session 5	4600.305	7/7-7/11
Session 7	4600.307	7/21-7/25
Session 9	4600.309	8/4-8/8
Session 11	4600.311	8/18-8/22

Sign up for all 11 sessions of Adventure Camp and receive a 15% discount! Code 3607.312

\$1511 Resident, \$1651 Non-resident \*15% discount already included in listed price No Refunds Allowed for Individual Sessions.

#### FIELD TRIP CAMP SESSION

Monday-Friday 10am-4pm

Cost: \$179 Resident, \$194 Non-resident (Session 4 only) \$143 Resident, \$158 Non-resident

Session 2 - Exploratorium	4600.302	6/16-6/20
Session 4 - Golfland	4600.304	6/30-7/3 (no camp 7/4)
Session 6 - House of Air	4600.306	7/14-7/18
Session 8 - SF Giants Game	4600.308	7/28-8/1
Session 10 - Aqua Adventures	4600.310	8/11-8/15

Sign up before July 1 and receive 10% off registration for your second child in the same household for individual weeks.

#### **Extended Camp Plus!**

Extended Camp is designed for parents who need additional care or for campers who just can't get enough camp. Campers will play games, make arts and crafts, and play at the park. Extended Camp is open to children enrolled in Camp Kaleidoscope, Mini Kaleidoscope, and Adventure Camp.

#### **Morning Extended Camp**

Monday-Friday, 7:30-10am Cost: \$30 Resident, \$38 Non-resident

(Session 4 only) \$24 Resident, \$30 Non-resident

AM Session 1	3608.301	6/9-6/13
AM Session 2	3608.302	6/16-6/20
AM Session 3	3608.303	6/23-6/27
AM Session 4	3608.304	6/30-7/3 (no camp 7/4)
AM Session 5	3608.305	7/7-7/11
AM Session 6	3608.306	7/14-7/18
AM Session 7	3608.307	7/21-7/25
AM Session 8	3608.308	7/28-8/1
AM Session 9	3608.309	8/4-8/8
AM Session 10	3608.310	8/11-8/15
AM Session 11	3608.311	8/18-8/22

#### Afternoon Extended Camp

Monday-Friday, 4-6pm

Cost: \$30 Resident, \$38 Non-resident (Session 4 only) \$24 Resident, \$30 Non-resident

PM Session 1	3606.301	6/9-6/13
PM Session 2	3606.302	6/16-6/20
PM Session 3	3606.303	6/23-6/27
PM Session 4	3606.304	6/30-7/3 (no camp 7/4)
PM Session 5	3606.305	7/7-7/11
PM Session 6	3606.306	7/14-7/18
PM Session 7	3606.307	7/21-7/25
PM Session 8	3606.308	7/28-8/1
PM Session 9	3606.309	8/4-8/8
PM Session 10	3606.310	8/11-8/15
PM Session 11	3606.311	8/18-8/22

Sign up for all 11 sessions of extended camp and receive a 15% discount. \$275 Resident, \$348 Non-residents. Code: 3608.312 (morning care) Code 3606.312 (afternoon care). Daily Drop In for extended camp (per day & session) \$7 Resident, \$9 Non-resident.

# **Elementary Sports**

#### **CO-ED BASKETBALL LEAGUE** (2ND-5TH GRADERS)

The 5 on 5 basketballl league is open to all boys and girls attending 2nd-5th grades. Practices will be held at Elementary School sites after school (roughly 3:00pm) two days a week. Games will be played on Saturdays at the San Bruno Recreation Center Gym. Practice days will be determined based on coach schedule and school registration. <u>Deadline to register is Thursday</u>, <u>January 9th</u>. Participants will be notified of practice days by January 16th and actual practices will begin the week of January 21st. The season runs until the end of March.

Cost: \$65

Location: Elementary Schools

Instructors: Volunteer Coaches and Recreation Leaders

#### 2nd & 3rd Graders

3422.101	Allen Elementary School
3422.102	Belle Air Elementary School
3422.104	El Crystal Elementary School
3422.105	John Muir Elementary School
3422.106	Portola Elementary School
3422.107	Rollingwood Elementary School
3422.108	St. Roberts

# Deadline to register is Thursday, January 9.

Please register early to secure a space. This program fills up!

#### 4th & 5th Graders

Allen Elementary School
Belle Air Elementary School
El Crystal Elementary School
John Muir Elementary School
Portola Elementary School
Rollingwood Elementary School
St. Roberts

Teams are limited to 12 players. More teams can be added IF there is an additional coach and enough children on the waitlist.

Interested in coaching? Call Jennie at 650-616-7184.

**Kickball League (2nd-5th graders)** 

This kickball league is open to all boys and girls attending 3rd-5th grades. Practices will be held at each elementary school (roughly 3:00pm) one day a week. Games will be played on Thursday afternoons at Elementary School Sites. Practice day will be determined based on coach schedule and school registration. Deadline to register is Thursday, March 27th. Participants will be notified of practice day by April 4 and actual practices will begin the week of April 7. The League will last until mid-May.

Cost: \$55

Location: Elementary Schools

Instructors: Volunteer Coaches & Recreation Leaders

3428.101	Allen Elementary School
3428.102	Belle Air Elementary School
3428.104	El Crystal Elementary School
3428.105	John Muir Elementary School
3428.106	Portola Elementary School
3428.107	Rollingwood Elementary School
3428.108	St. Roberts



#### **Tiny Tots Preschool**

Tiny Tots is an enrichment program for your preschooler, offering music, nature, arts and crafts, exploration, exercise games, free play, and pre-kindergarten academic skills presented in a social and creative atmosphere. For each child enrolled, one adult is required to assist two times per month. Parent participation in the program enforces the positive skills and attitudes learned in the classroom. Includes small group learning, circle time, calendar, sharing, Kindergarden prep, name writing, recognize letters, and numbers 1-20. CHILD MUST BE POTTY TRAINED. No class 1/20, 2/17, 4/21, 5/26.

Instructors: Jill Rofii & Lisa Luciano Location: Recreation Center Tiny Tots Room Lab Fee: \$20 payable to instructor at first class

Monday, Wednesday, Friday

Ages: 3-5 years (entering Kindergarden Fall 2014)

Session 1	2200.101	MWF	9:30-12:30pm	\$275R/\$290NR	1/6-1/31
Session 2	2200.102	MWF	9:30-12:30pm	\$275R/\$290NR	2/3-2/28
Session 3	2200.103	MWF	9:30-12:30pm	\$275R/\$290NR	3/3-3/28
Session 4	2200.104	MWF	9:30-12:30pm	\$275R/\$290NR	4/7-4/30
Session 5	2200.105	MWF	9:30-12:30pm	\$275R/\$290NR	5/2-5/30

**Winter Children's Drawing** 

Start 2014 off with a bang! Young Rembrandts' students will flex their creative muscle as they take on artistic challenges like our Still Life Backpack and Sporty Snowboarder lesson in January. In February, students will master perspective and personality as they complete a challenging Palm Tree Scene, cute Penguin and their own version of Grant Wood's American Gothic. And in the month of March, get ready for a mix of elegance and graphic style drawings as students complete a Graceful Swan and Wise Owl. There's no better way to shake the winter blues.... Sign up today! Ages 6-12.

Cost: \$190 Resident, \$205 Non-resident (10 classes)

Instructor: Young Rembrandts Staff Location: Recreation Center Tots Room

2002.103 F 3:30-4:30pm 1/24-3/28

**Spring Children's Drawing** 

Our elementary-age curriculum is designed to teach basic to advanced drawing skills, art techniques, and vocabulary. We believe that drawing is the bedrock skill required for future artistic success. We give them skills to express their creativity and believe that all children can – and should – learn to draw. We provide all materials and teach new lessons each week in a positive and nurturing environment, which brings out the best in each child. You'll see increased art abilities, learning skills, self-confidence, and self-esteem. Ages 6-12.

Cost: \$129 Resident, \$144 Non-resident (7 classes)

Instructor: Young Rembrandts Staff Location: Recreation Center Tots Room

2002.104 F 3:30-4:30pm 4/18-5/30

**Winter Preschool Drawing** 

Keep your preschoolers engaged during the winter months. There's no place more engaging than a Young Rembrandts classroom. Ignite your preschooler's imagination as they draw our attention-grabbing lessons focused on mastering basic skills like circles and patterning. In February a drawing of a mouthwatering pizza and an endearing duck will bring out the artistic skills and advanced creativity. March lessons bring out the adventurer in Young Rembrandts students as we complete an adorable Puppy, Silly Parrot, and a very cool Pirate Ship! Expand your preschooler's creative horizons with a Young Rembrandts class. Sign up now! Ages  $3^{1/2}$ - $5^{1/2}$ 

Cost: \$190 Resident, \$205 Non-resident (10 classes)

Instructor: Young Rembrandts Staff Location: Recreation Center Tots Room

2002.101 F 2:00-3:00pm 1/24-3/28

#### **Spring Preschool Drawing**

Young students are so eager to learn and a joy to teach. Young Rembrandts instructors provide a nurturing and strong learning environment that expands pre-schoolers' image vocabulary as they draw familiar images such as fish, teddy bears, rainbows, and cowboys. We'll concentrate on the skills of drawing and coloring while we develop fine motor skills, focus, listening, staying on task, patience, and spatial organization. Ages  $3^{1/2}$ - $5^{1/2}$ 

Cost: \$129 Resident, \$144 Non-resident (7 classes)

Instructor: Young Rembrandts Staff

Location: Recreation Center Tots Room

2002.102 F 2:00-3:00pm 4/18-5/30

Tiny Tot Gymnastics~

Your toddler/preschooler will build his/her motor skills while having fun! This course offers beginning gymnastics skills such as tumbling and balancing to develop strength, flexibility, coordination, and selfconfidence. Children will participate in activities that encourage personal growth and body awareness. Please have your child dress in comfortable clothing. No class 1/21& 2/18. Ages 3-5.

Instructor: Laurie Loo

Location: Millbrae Community Center, 477 Lincoln Cir Cost: \$140 Resident, \$155 Non-resident (10 classes) 2418.101 3:30-4:15pm 1/14-4/1

Mighty Mite Gymnastics~

This course offers an introduction to basic gymnastics skills and techniques. Classes focus on developing your child's strength, flexibility, coordination, and self-confidence through beginning tumbling and balancing skills. Children will participate in activities that encourage personal growth and physical fitness. No class 1/22 & 2/19. Ages 5<sup>1/2</sup>-12.

Instructor: Laurie Loo

Location: Millbrae Community Center, 477 Lincoln Cir. Cost: \$140 Resident, \$155 Non-resident (10 classes) 3418.102 W 3:30-4:15pm 1/15-4/2

#### Mighty Mite 2 Gymnastics~

Your child has successfully completed Mighty Mite gymnastics and can easily do a backbend & cartwheel by his/her self and wants to learn more! This one hour class will focus on the skills learned in Mighty Mite Gymnastics to improve your child's form, strength, flexibility, and discipline. No class 1/21& 2/18. Ages  $5^{1/2}$ -12.

Instructor: Laurie Loo

Location: Millbrae Community Center, 477 Lincoln Cir Cost: \$155 Resident, \$170 Non-resident (10 classes) 3418.105 1/14-4/1 4:30-5:30pm

#### Intermediate Gymnastics~

This one hour class will teach intermediate gymnastics skills to children who enjoy the sport of gymnastics or for those who want to learn more fundamental techniques useful in other sports such as dance, martial arts, cheerleading, & diving. Recommended prior completion of Mighty Mite II Gymnastics and/or permission from instructor. No class 1/22 & 2/19. Ages  $5^{1/2}$ -12 years.

Instructor: Laurie Loo

Locaton: Millbrae Community Center, 477 Lincoln Cir. Cost: \$155 Resident, \$170 Non-resident (10 classes) 3418.104 W 4:30-5:30pm 1/15-4/2

#### Tap Dance for Children

Students will learn tap techniques as well as combinations and routines. Classes will help develop your child's balance, coordination, and rhythm in a fun setting. Tap shoes and dance attire are required (NO STREET CLOTHES). Students must have instructor consent to enroll in Level I or Level II. Ages 4-16. No class 5/3.

Instructor: Carol Costakis

Location: Recreation Center Meeting Room

Cost: \$50 Resident, \$62 Non-resident (6 classes)

Introduction

3100.101	4-8yr	Sat	11:00-11:25am	1/11-2/15
3100.102			11:30-11:55am	1/11-2/15
3100.103	4-8yr	Sat	11:00-11:25am	3/1-4/5
3100.104	9-16yr	Sat	11:30-11:55am	3/1-4/5
3100.105			11:00-11:25am	4/19-5/31
3100.106			11:30-11:55am	4/19-5/31

\$66 Resident, \$81 Non-resident (6 classes)

Level I"		
3100.107 8-12yr Sat	10:00-10:40am	1/11-2/15
3100.108 8-12yr Sat	10:00-10:40am	3/1-4/5
3100.109 8-12yr Sat	10:00-10:40am	4/19-5/31
Level 2*		
3100.110 11-16yr Sat	9:15-9:55am	1/11-2/15
3100.111 11-16yr Sat		3/1-4/5
3100.112 11-16yr Sat		4/19-5/31



My First Art Class~

Come experience 5 art stations where making a mess is part of the process! You have fun; we clean up! Art projects continue to change all year long! Process rather than product is emphasized. Projects are age appropriate with the children having the freedom to explore materials at their own pace and in their own way. This is not a class where the children sit still and have an art lesson. The children are free to express their own creativity by moving freely around five art stations. The class ends on a musical note with singing and dancing and having too much fun. Parental participation is required. Ages 18 months-4 years.

Location: Millbrae Community Center, 477 Lincoln Cir Instructor: Chris Pollard

Lab Fee: \$15 payable to instructor

Cost: \$105 Resident, \$120 Non-resident (8 classes)

18 months-3 Years

2001.101 Th 9:00-10:00am 1/30-3/20

2-4 Years

2001.102 Th 10:15-11:15am 1/30-3/20

Lab Fee: \$15 payable to instructor

Cost: \$96 Resident, \$111 Non-resident (7 classes)

18 months-3 Years

2001.103 Th 9:00-10:00am 4/17-5/29

2-4 Years

2001.104 Th 10:15-11:15am 4/17-5/29



#### **Sewing for Kids!**

In this class, 8-12 year olds can learn how the basics of sewing. We will learn how to use a sewing machine and then layout, cut, and sew a project. This class is hands on, with lots of guidance and support. A materials list will be provided approximately 1 week before the first session or materials can be purchased from the instructor for \$25. Sewing machines available for use during class for an additional \$20, payable to instructor. Ages 8-12. No class 4/19, 5/3.

Cost: \$55 Resident, \$69 Non-resident (4 classes) Lab Fee: \$5 payable to instructor at first class Location: Recreation Center Tiny Tots Room

Instructor: Christine Hopkins

5024.106 Sat 10:00-12:00pm 2/8-3/1 5024.107 Sat 10:00-12:00pm 4/5-5/10

#### **Private Singing Lessons**

Private singing lessons are the key to singing with a powerful, beautiful voice. Let the staff at the Latimerlo Studio take you to the next level. Be sure to impress at your next audition, performance, or karaoke night! Please contact The Latimerlo Studio to arrange times then register with the Recreation Center. Ages 9-over.

Cost: \$205 Resident, \$220 Non-resident (4 Classes)

Lab Fee: \$20 for music book & CD Instructor: The Latimerlo Studio Staff Instructor Contact: (650) 773-5544

Location: Recreation Center Conference Room 2

3221.101	Times to be arranged with instructor	1/6-1/31
3221.102	Times to be arranged with instructor	2/3-2/28
3221.103	Times to be arranged with instructor	3/3-3/28
3221.104	Times to be arranged with instructor	4/7-5/2
3221.105	Times to be arranged with instructor	5/5-5/30



#### WORLDWIDE CHIROPRACTIC

# Dr. Simon Yu The Chiropractor of choice for many San Bruno Families!



Personalized health care for your family with an emphasis on:

- Wellness Care
- Sports
- Prenatal Care
- Pediatrics
- Nutrition Massage
- Weight Loss

Be sure to mention the San Bruno Activity Guide to Receive a Free Initial Exam & Consultation!

> We are your In-Network Provider. We would be glad to check your coverage!

> > 650.877.0999

www.worldwidechiro.com

Paid Advertisement

#### **Pre-Ballet First Class Ages 2-3**

Moms, Dads, and Nannies are encouraged to participate with the children in this fun introduction to dance. This is a playful class that improves motor skills and teaches children to follow the instructor. Children enjoy performing finger plays, dancing to nursery rhymes, and moving with balls or scarves to a variety of music. Please wear comfortable clothing that is easy to dance in. For questions about the class, call the instructor: Matrisha at 415-722-8281. Children must be the minimum age by the first day of class.

Location: Recreation Center Meeting Room

Instructor: Matrisha Person

Cost: \$72 Resident, \$87 Non-resident (6 classes)
2103.101 Th 9:30-10:15am 1/9-2/13
2103.102 Th 9:30-10:15am 2/20-3/27
Cost: \$96 Resident \$111 Non-resident (8 classes)

Cost: \$96 Resident, \$111 Non-resident (8 classes) 2103.103 Th 9:30-10:15am 4/10-5/29

#### **Volleyball Private Lessons**

Private lessons available! One-on-one or small groups. Call Lynn at 650-615-9201 to set up appointments.

#### **Beginner Volleyball**

This class is designed for new players or those with limited experience. Class will teach volleyball basics, including rules, bumping, serving, rotating, spiking and team play. Class will consist of warm-ups, exercise drills and team play. New players 11 and over should join the intermediate class. Ages 7-10. No class 1/20 & 2/17.

Cost: \$80 Resident, \$95 Non-resident (8 classes)

Instructor: Lynn Niemira

Location: Recreation Center Gym

5409.102. M 6:30-7:30pm 1/6-3/10

#### **Intermediate Volleyball**

This class is for players who have participated in the San Bruno Recreation Youth Volleyball League or have played on a school volleyball team at least one season. Class will emphasize bump, set & spike skills. We will do volleyball specific exercises and drills and have lots of time for team play. First time players 11 years and older should join this class. Ages 11-14.

Cost: \$80 Resident, \$95 Non-resident (8 classes)

Instructor: Lynn Niemira

Location: Recreation Center Gym

5409.101 W 6:30-7:30pm 1/8-2/26

#### **Ouickstart Tennis**

Kids will enhance their skill development with low compression tennis balls on the "60 ft. court". Play to learn! Ages 8-10.

Cost: \$75 Resident, \$90 Non-resident (6 classes) Location: San Bruno City Park Courts #1-2 Instructor: Whitlinger & Sarsfield Tennis Staff

2402.102 Sat 9:00-10:00am 4/12-5/17

#### **Terrific Tiny Tennis**

Children play FUN activities and games with low compression tennis balls on the "42 ft. court" that will enhance their skill development in a success oriented environment. Small group lessons, only 2-6 students! We recommend the 23" to 25" rackets. Ages 5-7.

Cost: \$75 Resident, \$90 Non-resident (6 classes) Location: San Bruno City Park Courts #1-2 Instructor: Whitlinger & Sarsfield Tennis Staff

2402.101 Sat 8:20-9:00am 4/12-5/17

#### **Introduction to Golf**

Learn the fundamentals of the full swing, the short game, rules of golf, and etiquette. Clubs will be provided for all classes. Range balls must be purchased at class. For questions regarding this class, e-mail: dsuh@sanbrunogolf.com. Ages 8-17.

Cost: \$79 Resident, \$94 Non-resident (4 classes) Location: San Bruno Golf Center, 2101 Sneath Ln Instructor: Golf Center Staff

3013.101 Sat 12:00-1:00pm 1/4-1/25 3013.102 12:00-1:00pm 2/1-2/22 Sat 3013.103 Sat 12:00-1:00pm 3/1-3/22 12:00-1:00pm 4/5-4/26 3013.104 Sat 3013.105 Sat 12:00-1:00pm 5/3-5/24

#### **Basketball Skills & Development Program**

A high-level instructional basketball program geared towards the committed and determined athlete looking to improve their level of play. All participants will be put through situational drills which will force the player to "think basketball". Class will cover ball handling, shooting form, passing, footwork, creating space, conditioning, speed, agility, and quickness. Ages 11-15.

Cost: \$90 Resident, \$105 Non-resident (4 classes)

Location: San Bruno Gym Instructor: Geoff Gabriel

4215.101 4215.102	Th Th	2:30-3:30pm 2:30-3:30pm	1/9-1/30 2/6-2/27
4215.102	Th	2:30-3:30pm	3/6-3/27
4215.104	Th	2:30-3:30pm	4/3-4/24
4215.105	Th	2:30-3:30pm	5/1-5/22

#### **Kidz Love Soccer Mommy/Daddy & Me Soccer**

Introduce yourself and your toddler to the "World's Most Popular Game"! As you and your child participate in our fun age appropriate activities, your child will be developing large motor and socialization skills. A variety of activities designed around the game of soccer will be played each week. Rainout Hotline: 1-888-372-5803. Ages 2-3<sup>1/2</sup>.

Instructor: Kidz Love Soccer Staff

Cost: \$103 Resident, \$118 Non-resident (9 classes)

Location: San Bruno Recreation Gym

2419.101 F 2:20-2:50pm 1/24-3/21

Location: Grundy Park, Cherry Avenue @Park Avenue 2419.102 9:30-10:00am 4/11-6/6 F 2419.103 6:00-6:30pm 4/11-6/6

#### **Kidz Love Soccer - Tot-Soccer**

Encourages large motor skill development through fun soccer games and introduces small children to a group setting. Little tykes will enjoy running and kicking just like the big kids! Shin guards are required after the first meeting. Rainout Hotline: 1-888-372-5803. Ages 3<sup>1/2</sup>–4.

Instructor: Kidz Love Soccer Staff

Cost: \$103 Resident, \$118 Non-resident (9 classes)

Location: San Bruno Recreation Gym

F

1/24-3/21

3:00-3:30pm

Location: Grundy Park, Cherry Avenue @Park Avenue 2419.105 10:10-10:40am 4/11-6/6 F 2419.106 4/11-6/6 5:15-5:45pm

#### **Kidz Love Soccer - Pre-Soccer**

2419.104

Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age-appropriate environment. Shin guards are required after the first meeting. Rainout Hotline: 1-888-372-5803. Ages 4-5.

Instructor: Kidz Love Soccer Staff

Cost: \$103 Resident, \$118 Non-resident (9 classes)

Location: San Bruno Recreation Gym

2419.107 F 3:00-3:30pm 1/24-3/21

Location: Grundy Park, Cherry Avenue @Park Avenue 4/11-6/6 2419.108 F 10:40-11:15am F 2419.109 3:10-3:45pm 4/11-6/6

#### **Kidz Love Soccer - Soccer 1**

Players will learn dribbling, passing, receiving, shooting, age-specific defense, etc. Fun "skill" games are played at every session and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. Shin guards are required after the first meeting. Rainout Hotline: 1-888-372-5803. Ages 5-6.

Instructor: Kidz Love Soccer Staff

Cost: \$103 Resident, \$118 Non-resident (9 classes)

Location: San Bruno Recreation Gym

2419.110 3:30-4:15pm 1/24-3/21

Location: Grundy Park, Cherry Avenue @Park Avenue 2419.111 3:45-4:30pm 4/11-6/6

#### Soccer Skillz & Scrimmages

Kidz 7-10 years of age will enjoy advanced skill building: dribbling, passing, and shooting in a team play format. Each class we will play games to build individual skills and small-sided scrimmages that emphasize application of finer technical points. This is the perfect bridge from our Soccer 1 classes for those who are aspiring to the next level. All levels of skill are welcome to learn and enjoy the world's most popular sport! Shin guards are required and each participant will receive a soccer jersey. Rainout Hotline: 1-888-372-5803. Ages 7-10.

Instructor: Kidz Love Soccer Staff

Cost: \$113 Resident, \$128 Non-resident (9 classes)

Location: San Bruno Recreation Gym

2419.112 F 4:15-5:00pm 1/24-3/21

Location: Grundy Park, Cherry Avenue @Park Avenue 2419.113 4:30-5:15pm 4/11-6/6

#### Y Jr. Academy

Jr. Academy by National Academy of Athletics gives children ages 3 to 5 years, a fun, active, and educational experience tailored to the abilities of their age group. Our program uses FUN to teach problem solving skills and the beginning fundamentals for sports including: throwing, catching, kicking, running, and teamwork. Jr. Academy provides structured simple activities, individual and team building challenges, and simple, small-sided competitions to develop and engage young athletes. Ages 3-5. No class 4/3.

Cost: \$81 Resident, \$96 Non-resident (6 classes)

Location: Recreation Center Gym

Instructor: National Academy of Athletics

3222.103 Th 11:30-12:25pm 1/9-2/13 3222.104 Th 11:30-12:25pm 3/6-4/17 3222.105 Th 11:30-12:25pm 5/1-6/5

#### Tae Kwon Do

Tae Kwon Do is not just for training in kicking, punching, and self defense. It is also for mental and physical coordination. This class helps to maintain a safe, fun learning environment for the students. They will learn blocking, kicking, self defense, sparring drills, positions and forms. Students will gain confidence in their ability to do other difficult things in their life. Uniform and equipment available for purchase from instructor. Ages 5-14. No class 2/17, 5/26.

Instructor: Jeanett Errington

Location: Recreation Center Community Room Cost: \$99 Resident, \$114 Non-resident (7 classes) 3431.101 M/T 3:30-5:00pm 2/3-2/25 3431.102 M/T 3:30-5:00pm 5/5-5/27 Cost: \$120 Resident, \$135 Non-resident (8 classes) 3431.103 M/T 3:30-5:00pm 3/3-3/25 M/T 3431.104 3:30-5:00pm 4/7-4/29



**Aikido for Youth** 

In addition to being excellent physical exercise and effective self-defense, Aikido teaches smooth, balanced, and relaxed movement. Aikido means "way of harmony" and is a philosophy integrating physical, spiritual, and cultural values. Class is taught in a formal setting with the discipline and etiquette that reflect traditional Japanese Martial Arts. Email aikiodori@yahoo.com for information. Ages 7-13.

Cost: \$72 Resident, \$87 Non-resident (8 classes)

Location: Tanforan Professional Center,

1405 B Huntington, SSF

Instructor: Ro	obert loy	ama	
3407.101	T/Th	6:00-6:45pm	1/7-1/30
3407.102	T/Th	6:00-6:45pm	2/4-2/27
3407.103	T/Th	6:00-6:45pm	3/4-3/27
3407.104	T/Th	6:00-6:45pm	4/1-4/24
3407.105	T/Th	6:00-6:45pm	4/29-5/22

#### Youth Enrichment

**Beginning Fencing** 

Come join us for a month of fun with the foil. In this month long fencing class, you will receive an introduction to the art of fencing. Every class will include warm-ups, footwork, attacks, and fundamentals of defensive actions and bouting with a partner. A fun class while learning the basic strategy of foil fencing for a beginner, as well as a wonderful exposure to the modern art of fencing. Ages 7-16.

Cost: \$100 Resident, \$115 Non-resident (4 classes)
\*\$125 Resident, \$140 Non-Resident (5 classes)
Materials Fee: \$20 optional fencing glove fee; \$5 USFA membership required before class attendance Instructor: SF Fencing Instructors

Location: Barrett Community Center, 1835 Belburn, Belmont					
3426.101	Sat	10:30-11:30am	1/4-1/25		
3426.102	Sat	10:30-11:30am	2/1-2/22		
*3426.103	Sat	10:30-11:30am	*3/1-3/29		
3426.104	Sat	10:30-11:30am	4/5-4/26		
*3426.105	Sat	10:30-11:30am	*5/3-5/31		

Location: 4000	Balboa	St. @ 41st Ave, San	Francisco
3426.106	Sat	10:00-11:00am	1/4-1/25
3426.107	Sat	10:00-11:00am	2/1-2/22
*3426.108	Sat	10:00-11:00am	*3/1-3/29
3426.109	Sat	10:00-11:00am	4/5-4/26
*3426.110	Sat	10:00-11:00am	*5/3-5/31

**Video Game Design for Beginners** 

Learn how to create your own virtual worlds and design a unique and interactive video game with Freshi Game Design! Beginning Game Developers work in pairs to conceive, design, and build their own original computer game. Everything created for their game is original to the team—the characters, the action, the background, the music, and the format. Students use creative and critical thinking to complete their games creative and critical thinking to complete their games and build teamwork skills working in partners. Ages

Cost: \$150 Resident, \$165 Non-resident (8 classes) Location: Recreation Center Conference Room 2 Instructor: Freshi Media Staff

3:30-4:45pm 2633.102 3/26-5/14

Animation Creators: Stop Motion Animation

Work with your favorite toys to create fun and original stop motion animations! Learning materials, software, and cameras are provided. Students work together to create and animate their own original story. Basic concepts such as camera angles, storyboards, scripting elements, and theme will be introduced. Students will also do voiceover work for their animation and add a musical score to their completed project. Ages 7-12.

Cost: \$150 Resident, \$165 Non-resident (8 classes) Location: Recreation Center Conference Room 2 Instructor: Freshi Media Staff

2633.101 3:30-4:45pm 1/23-3/13

**Pre-Ballet Ages 3-4** 

For children who want to try a ballet class, this is a fun introduction. Dancers develop gross and fine motor skills, learn cooperation, self control, and class etiquette all while learning basic ballet. Session 2 includes our annual recital. Children will learn and practice special dances that they will perform in costume on Saturday, May 3. New students must have permission from the lastructure to register. sion from the Instructor to register. All students must be registered and have paid their \$45.00 costume fee to the instructor no later than 2/13. Dancers should wear simple leotards, tights, and ballet slippers. For questions regarding your child's level or ability, please call the instructor, Matrisha at 415-722-8281. To register for the class, please visit or call the Recreation Center office: 650-616-7180.

Location: Recreation Center Meeting Room

Instructor: Matrisha Person

Cost: \$60 Resident, \$75 Non-resident (5 classes)

2103.104 10:30-11:15am 1/9-2/6 Th Cost: \$140 Resident, \$155 Non-resident (12 classes) \*2103.105 10:30-11:15am Th 2/13-5/1 Cost: \$60 Resident, \$75 Non-resident (5 classes)

2103.106 10:30-11:15am 5/8-6/5

Pre-Ballet Ages 4-5

Children have fun as they stretch, leap, and dance to classical music. This class introduces young dancers to the ballet barre. They learn basic ballet foot and arm positions and simple choreography. At the end of each class children have an opportunity for creative expression as they dance freely with scarves. <u>Session</u> 2 includes our annual recital. Children will learn and practice special dances that they will perform in costume on Saturday, May 3. New students must have permission from the instructor to register. All students must be registered and have paid their \$45.00 costume fee to the instructor no later than 2/13. Dancers should wear simple leotards, tights and ballet slippers. For questions regarding your child's level or ability, please call the instructor, Matrisha at 415-722-8281. To register for the class please visit or call the Recreation Center office: 650-616-7180.

Location: Recreation Center Meeting Room

Instructor: Matrisha Person

Cost: \$60 Resident, \$75 Non-resident (5 classes)

2103.107 Th 3:00-3:45pm 1/9-2/6 Cost: \$140 Resident, \$155 Non-resident (12 classes) \*2103.108 Th 3:00-3:45pm 2/13-5/1 Cost: \$60 Resident, \$75 Non-resident (5 classes) 2103.109 3:00-3:45pm Th 5/8-6/5

**Primary Ballet Ages 5-6**For children who love the fantasy of ballet, this class focuses on learning classical ballet technique in an imaginative and supportive atmosphere. Each class includes exercises at the barre, learning primary classical positions, steps, turns, and movement combinations, as well as free dancing with scarves. Dancers should wear simple leotards with tights and ballet shoes and their hair should be out of their face in a pony tail or bun. Session 2 includes our annual recital. Children will learn and practice special dances that they will perform in costume on Saturday, May 3. Students should not change their class level without permission from the instructor. All students must be registered and have paid their \$45.00 costume fee to the instructor no later than 2/13. For questions regarding your child's level or ability, please call the instructor, Matrisha at 415-722-8281. To register for the class please visit or call the Becreation Center the class, please visit or call the Recreation Center office: 650-616-7180

Location: Recreation Center Meeting Room

Instructor: Matrisha Person

Cost: \$60 Resident, \$75 Non-resident (5 classes)

4:00-4:45pm 2103.110 Th 1/9-2/6

Cost: \$140 Resident, \$155 Non-resident (12 classes) \*2103.111 Th 4:00-4:45pm 2/13-5/1

Cost: \$60 Resident, \$75 Non-resident (5 classes)

2103.112 Th 4:00-4:45pm 5/8-6/5

**Primary Ballet Ages 6-8** 

Dancers will learn ballet technique in a supportive atmosphere. Each class will incorporate barre and center exercises, steps, turns, movement combinations across the floor, stretching, and free dancing. Dancers should wear simple leotards with tights and ballet shoes and their hair should be out of their face in a pony tail or bun. Session 2 includes our annual recital. Children will learn and practice special dances that they will perform in costume on Saturday, May 3. All students must be registered and have paid their \$45.00 costume fee to the instructor no later than 1/27. For questions regarding your child's level or ability, please call the instructor, Matrisha at 415-722-8281. To register for the class, please visit or call the Recreation Center office: 650-616-7180. No class 2/17 & 3/31.

Location: Recreation Center Meeting Room

Instructor: Matrisha Person

Cost: \$144 Resident, \$159 Non-resident (12 classes) \*2103.113 4:00-5:00pm M 1/27-4/28

Spring Dance Recital 2014

Saturday, May 3 at 10:00am

Miss Matrisha's ballet students ages 3 and up are invited to dance in costume at the Spring

Recital. The recital session registration deadline for ages 3-5 is February 13 and the deadline for ages 6-8 is January 27. All costume fees must be paid by the first day of class. For information about the recital or the classes. Places 27. about the recital or the classes, please call the instructor Matrisha Person at 415-722-8281. 

<sup>\*\$45</sup> costume fee payable to instructor for this sessions

#### **Beginning Keyboards**

With guidance from the instructor, students will learn to play the piano in a fun group environment. The small group setting ensures students receive individual attention. Class will cover how to read music, basic piano technique, rhythm, easy songs, and chords. Ages 7-14. No class 2/15, 2/16, & 3/30.

Cost: \$144 Resident, \$159 Non-resident (8 classes) Lab Fee: \$10 for textbook payable at first class Location: ViBO Music Center, 488 San Mateo Ave. Instructor ViBO Piano Teacher

3113.101	Sat	3:00-4:00pm	1/18-3/15
3113.102	Sun	2:00-3:00pm	1/19-3/16
3113.103	Sat	3:00-4:00pm	3/22-5/10
3113.104	Sun	2:00-3:00pm	3/23-5/18

#### **Discover Ukulele - A Beginning Workshop**

With guidance from the instructor, students will learn to play the ukulele in a fun group environment. This small group setting ensures that students receive individual attention. Class will cover how to read music, basic ukulele technique, rhythm, easy songs, and chords. Ages 7-over. No class 2/15.

Cost: \$150 Resident, \$165 Non-resident (8 classes) Location: ViBO Music Center, 488 San Mateo Ave., SB

Instructor: ViBO Music Instructor 3117.101 Sat 1:00-2:00pm 1/18-3/15 3117.102 Sun 1:00-2:00pm 3/22-5/10



#### **ViBO Youth Ensemble**

For intermediate level students playing orchestral instruments with basic sight-reading skills, this weekly 60-min ensemble is highly focused to develop advanced chamber, ensemble performance techniques, and beginning orchestral performance ability as it opens the path for students to all forms of performance. Students will learn a variety of musical styles from baroque to contemporary, including orchestral excerpts, as well as explore techniques of individual performance skills needed to lead chamber, ensemble, and orchestra. Please contact ViBO Music at 650-877-0805 for a brief audition.

Cost: \$180 Resident, \$195 Non-resident (9 classes) Location: ViBO Music Center, 488 San Mateo Ave.

Instructor: ViBO Music Instructor

5117.119 F 6:00-7:00pm 1/17-3/14 5117.120 F 6:00-7:00pm 3/21-5/16 **Guitar Workshop for Beginners** 

Learn all the basics for the guitar. This 8-week hourly class is designed for beginners. You will learn basic posture, fundamental chords, strumming patterns, and well known songs from different genres. Learn scale and chord formations and how to apply to the guitar. Learn how to read guitar music and how to interpret sheet music downloaded from the Internet. Learn how to accompany yourself on guitar. Please contact ViBO Music at 650-877-0805 if you need a guitar rental for this class. Ages 8-over. No class 2/15.

Cost: \$150 Resident, \$165 Non-resident (8 classes) Lab Fee: \$10 for textbook payable at first class Location: ViBO Music Center, 488 San Mateo Ave. Instructor ViBO Guitar Teacher

5117.102	Sat	2:00-3:00pm	1/18-3/15
5117.103	W	7:00-8:00 <sup>b</sup> m	2/19-4/9
5117.104	Sat	2:00-3:00pm	3/22-5/10
5117.105	W	7:00-8:00 <sup>b</sup> m	4/16-6/4

**Violin Workshop for Beginners** 

This class is for total beginners. Students will learn how to tune and hold the violin along with proper bow technique to produce nice sound on the instrument. We will teach you many fun tunes including well-known classical themes, fiddle tunes, and popular tunes. Please contact ViBO Music at 650-877-0805 if you need a violin rental for this class. Ages 6-over. No class 2/15.

Cost: \$150 Resident, \$165 Non-resident (8 classes) Lab Fee: \$10 for textbook payable at first class Location: ViBO Music Center, 488 San Mateo Ave., SB Instructor: ViBO Music Staff

moti dotoi.	VIDO IVIU	Sic Otali	
5117.110	Sat	1:00-2:00pm	1/18-3/15
5117.111	Τ	7:00-8:00pm	2/18-4/8
5117.112	Sat	1:00-2:00pm	3/22-5/10
5117.113	Т	7:00-8:00pm	4/15-6/3

#### **Kids Broadway Vocal Group**

There's no business like show business! This exciting weekly vocal class will rehearse songs from Grease, Dr. Suess, the untold musical story of The Wizard of Oz's Wicked Witch and all of the other popular tunes in Broadway. Taught by an experienced Broadway and Jazz singer Ann Marie Andres, children will learn how to sing with clarity and conviction and have more appreciation in musical theatre. Additional lessons for students who are interested in learning how to sing and perform individually will also be provided during group class lessons. This will help students acquire a feeling of self-confidence and personal power when singing in front of others. Performance opportunities will be provided. Ages 6-16. No class 2/15.

Cost: \$160 Resident, \$175 Non-resident (8 classes) Location: ViBO Music Center, 488 San Mateo Ave. Instructor: Ann Marie Andres

3117.110	Sat	4:00-5:00pm	1/18-3/15
3117.111	Sat	4:00-5:00pm	3/22-5/10

#### **Teens**

The City of San Bruno Community Services Department and the San Bruno Youth Activities Committee invite you to:



# Be part of our Spring Black Light Art Show.

Create your art during any of 3 painting sessions at the San Bruno Recreation

Center and then come to the show! For artists in 6<sup>th</sup>-12<sup>th</sup> grade. *Dates To Be Announced* 



#### What is YAC?

Community Service, Leadership Opportunities and Fun!
Open to 7th-12th graders who live and/or or go to school in San Bruno.
Volunteer for Special Events and Programs. Make New Friends.
Accepting applications starting 5/5/14 for summer 2014 & the '14/'15 school year

#### Stay up to date via our Facebook Page: Search "San Bruno YAC"

#### Who do I contact for more information?

Advisors: Leah Madonich, Interim Community Services Supervisor, Recreation Department: lmadonich@sanbruno.ca.gov & 650-616-7186. Barbara Bruxvoort, Children's Services Manager, Library: bruxvoort@plsinfo.org or 650-616-7078

#### **Internet Based Driver Education**

Driver education is a California-required course for teens to receive a driver's license. It is the first step that must be taken so the teen can receive a driver's permit. The course includes much parental involvement and is fun, interactive, and educational. Course work can be completed at any time of the day or night. DMV accepted completion certificates will be issued upon successful completion of the course. Class does not include behind the wheel driving. Once you register for the class, you will be notified by e-mail within 48 hours with an access code. You can register at any time and complete the course at the student's pace. Ages 14-

Instructor: Self Taught - Allgood Education Corp

Location: Internet

Day/Time: Available 24 hours a day Cost: \$81 Resident, \$96 Non-resident

4210.101 Internet

#### **Sewing for Teens!**

In this class, 13-17 year olds can learn how the basics of sewing. We will learn how to use a sewing machine and then layout, cut, and sew a project. This class is hands on with lots of guidance and support. A materials list will be provided approximately 1 week before the first session or materials can be purchased from the instructor for \$25. Sewing machines are available for use during class for an additional \$20, payable to instructor. If you have any questions, please contact the instructor at hopkinsce@yahoo.com. Ages 13-17. No class 4/19, 5/3.

Cost: \$55 Resident, \$69 Non-resident (4 classes) Lab Fee: \$5 payable to instructor at first class Location: Recreation Center Tiny Tots Room

Instructor: Christine Hopkins

5024.108 12:30-2:30pm Sat 2/8-3/1 5024.109 Sat 12:30-2:30pm 4/5-5/10

#### Teen Summer Volunteer Opportunities

The Recreation Division is now accepting applications for summer volunteer opportunities. Please pick up and return a volunteer application at the Veterans Memorial Recreation Center in San Bruno City Park.

L.I.T (Leaders In Training)

Leaders in Training are young people who would like to gain experience leading children in activities such as sports and games, arts and crafts, field trips and more. L.I.T.'s will work closely with day camp leaders to learn the skills of working with children, leading activities and problem solving. \$50 per week is required to cover costs and a three week commitment is required. Minimum age 13. Deadline to apply is April 30.

W.S.A (Water Safety Aides)

Ready to learn the skills needed to get a good paying job when you turn 15? Become a Water Safety Aid (W.S.A.) and gain valuable volunteer experience and job skills. W.S.A.'s are volunteers who want to work with children and learn how to teach swimming lessons. Volunteers assist with swimming lessons after committing to a schedule for the summer. PREREQUISITES: Completion of American Red Cross Level 4. Minimum age 12. Deadline to apply is May 16.

Teen Dances
February 21 & May 9
Tickets \$7 pre-sale, \$10 at the door
Glow Necklaces only \$2.00

Meet up with all of your friends and dance to your favorite songs. Our live D.J. will be ther
latest and greatest songs of the year. Dances are held from 7-9:30pm at the Veterans Mem
reation Center. Tickets will go on sale one week before the dance at Parkside Intermediate S
at the Recreation Center. Student ID cards will be checked at the door. Dances are open to 7graders only. The dances are not school sponsored or PTA events. Meet up with all of your friends and dance to your favorite songs. Our live D.J. will be there with the latest and greatest songs of the year. Dances are held from 7-9:30pm at the Veterans Memorial Recreation Center. Tickets will go on sale one week before the dance at Parkside Intermediate School and at the Recreation Center. Student ID cards will be checked at the door. Dances are open to 7th and 8th

# Parkside Intermediate School 6th Grade Basketball League

The Parkside Intermediate School 6<sup>th</sup> grade basketball league will be sponsored and run by the San Bruno Recreation Division this winter. San Bruno teams will play in the N.C.R.L., North County Recreation League which includes schools as far north as Brisbane, as far south as Crocker, and as far west as Pacifica. This program is open to all students enrolled at Parkside as well as any San Bruno resident youth in 6<sup>th</sup> grade not attending Parkside.

Registration Deadline for Basketball: Thursday, January 16<sup>th</sup>

Boys Basketball (6<sup>th</sup> Graders)

Cost: \$106.00 (includes Jersey)

Girls Basketball (6<sup>th</sup> Graders)

Cost: \$106.00 (includes Jersey)

Code: 4423.107 Code: 4423.108

**Evaluation Days:** 

Boys: January 21 - 3:30-4:30pm in the Parkside Cafeteria Girls: January 22 - 3:30-4:30pm in the Parkside Cafeteria

Once evaluations are complete, all participants will be placed on teams. All teams will play in the 6th

grade division.

Please note:

→ All participants registered by January 16<sup>th</sup> will be placed on a team.

→ All enrolled participants must attend evaluation days.

→ All registration is taken at the San Bruno Recreation Center, 251 City Park Way in City Park.

→ Game dates and times will be decided by the N.C.R.L. Board of Directors.

→ For more information contact Danielle at 616-7182.

# Stocks. Bonds. CDs. IRAs. Mutual funds.



Meg Finones, AAMS® Financial Advisor

111 Anza Blvd Suite 415 Burlingame, CA 94010

650-347-3261

Member SIPC www.edwardjones.com

Edward Jones' MAKING SENSE OF INVESTING

Paid Advertisement

Parent volunteers are needed to

drive the players to away games.

**Adult Winter & Spring Softball** 

The Winter Softball League will begin play in January and the Spring League will begin in April. Teams will play an eight game schedule with the top four teams advancing to a single elimination playoff. Registration packets are available at the San Bruno Recreation Department and via email. Ages 18 & over or high school graduate.

Winter League-Deadline Thursday, December 12 League Nights:

Monday - Recreational Coed (5450.101) Tuesday - Men's C (5450.102) Wednesday - Men's D (5450.103) Friday - Men's D (5450.105)

Tentative Game Times: 6:30pm, 7:30pm, 8:30pm

Location: Lion's Field

League Fee: \$760 per team (discount of \$60 if you have 5 San Bruno residents or more)

For more information regarding adult sports, contact Danielle at 650-616-7182.

Enjoy top-flight instruction from the staff of Stanford University Tennis Coach John Whitlinger and USPTA Professional Tom Sarsfield. Youth and adult classes of 3-8 students will consist of six hours of instruction. Classes of two students and Terrific Tiny Tennis classes will consist of four hours of lessons. Students provide own rackets.

IMPORTANT: In case of rain, check with the instructor at the court. If at any time the instructor is absent, report to the next scheduled lesson for makeup date. NO POSTPONEMENT ANNOUNCEMENT WILL BE INITIATED BY THE INSTRUCTOR OR THE REC. DEPT. Unless notified to the contrary, make up lessons will be forwarded to the next normal meeting day and time. However, Sundays may be used at the instructor's discretion. NOTE: If an earlier class is postponed due to rain, all the following classes may also be postponed that day even if the courts become dry.

#### **Novice Tennis**

Develop the essential techniques with emphasis on control, depth, and direction on the "78 ft. court" with regulation tennis balls. Lessons will also incorporate basic strategy and tactics. Youth and Adults, ages 11 & up.

Cost: \$75 Resident, \$90 Non-resident (6 classes) Location: San Bruno City Park Tennis Courts #1-2 Instructor: Whitlinger & Sarsfield Tennis Staff 5402.101 Sat 10:00-11:00am 4/12-5/17

#### **Intermediate Tennis**

For players who are consistent on slow to medium paced shots but need to develop more spin, power, and/or variety. Basic to advanced shots, strategy, and tactics will be introduced and reinforced by performance enhancing drills. Youth and Adults, ages 11 & up.

Cost: \$75 Resident, \$90 Non-resident (6 classes) Location: San Bruno City Park Tennis Courts #1-2 Instructor: Whitlinger & Sarsfield Tennis Staff

5402.102 Sat 11:00-12:00pm 4/12-5/17

Spring League-Deadline Friday, March 7 League Nights:

Monday - Recreational Coed (5450.106) Tuesday - Men's C (5450.107) Wednesday - Men's D (5450.108) Friday - Men's D (5450.109)

#### **Individual Tennis Lessons**

Learn new strokes or improve your old ones through individualized lessons. For all ages, beginners to advanced. Please visit WhitlingerSarsfieldTennis.com for contact information. Only checks payable to SAN BRUNO RECREATION will be accepted (no cash or credit card payments will be accepted). Payment for lesson(s) must be given to instructor at the time of your first lesson.

Instructor: Stanford Coach John Whitlinger & USPTA Pro Tom Sarsfield's Staff

Location: San Bruno City Park Tennis Court #1 Fee: \$60 Resident, \$75 Non-resident (one hour) \$165 Resident, \$180 Non-resident (3 hours) Add \$5 per hour for each additional person

Code: 5402.109 (1 hour) 5402.110 (3 hours)

#### **Fitness Boot Camp**

Come join this fun fast paced, high intensity exercise class. We will work on improving cardio vascular endurance, strength and flexibility using calisthenics, free weights, medicine balls, agility ladders, stairs and more. You WILL see results all while having a great time in a supportive group atmosphere. Open to all fitness levels. Babies in strollers welcome. Bring a mat, water, and a towel. Ages 18-over. Under 18 ok with parent permission. No class 1/20, 2/17, 5/26.

Instructor: Traci Dos Santos

Location: San Bruno Park & Gymnasium

Punch Card:

\$100 (10 classes valid for 2 months from date of purchase), \$50 (5 classes valid for 1 month from date of purchase)

10 Punch Pass:

5419.101 M,W,F 8:30-9:30am 1/6-5/30 5 Punch Pass:

5419.102 M,W,F 8:30-9:30am 1/6-5/30

#### **Aikido For Beginning Adults (Coed)**

The techniques of Aikido emphasize redirecting the energy and force of an assailant's attack in order to subdue him. Aikido increases stamina, improves coordination, and stresses non-aggression and harmony with your partner. In addition, Aikido is an excellent means of physical exercise and effective self-defense. Call (650) 872-2968 for information. No class 1/20 & 2/17. Ages 14-over.

Cost: \$91 Resident, \$106 Non-resident (12 classes) Location: Tanforan Professional Center,

1405 B Huntington, SSF Instructor: Masatoshi Morita

motructor. N	viasatusiii iviuitta	
5406.101	MWF 10:00-11:00am	1/6-2/3
5406.102	T,W,Th 7:10-8:00pm	1/7-1/30
5406.103	MWF 10:00-11:00am	2/5-3/5
5406.104	T,W,Th 7:10-8:00pm	2/4-2/27
5406.105	MWF 10:00-11:00am	3/10-4/4
5406.106	T,W,Th 7:10-8:00pm	3/4-3/27
5406.107	MWF 10:00-11:00am	4/7-5/2
5406.108	T,W,Th 7:10-8:00pm	4/1/-4/24
5406.109	T,W,Th 7:10-8:00pm	4/29-5/22

**Aikido for Beginning Adult Women** 

The techniques of Aikido emphasize redirecting the energy and force of an assailant's attack in order to subdue him. Aikido increases stamina, improves coordination, and stresses non-aggression and harmony with your partner. In addition, Aikido is an excellent means of physical exercise and effective self-defense. No class 1/20 & 2/17. Ages 13-over.

Cost \$67 Resident, \$82 Non-resident (4 classes)

Location: Tanforan Professional Center,

1405 B Huntington, SSF Instructor: Sue Gorte

5406.110	M	7:10-8:00pm	1/6-2/3
5406.111	M	7:10-8:00pm	2/10-3/10
5406.112	M	7:10-8:00pm	3/17-4/7
5406.113	M	7:10-8:00pm	4/14-5/5



**Chinese Martial Arts Kung Fu** 

In this class, students will learn fundamental building blocks that will help develop skills required in more advanced levels of Kung Fu training. Learn the origin of Chinese Martial Arts, customs and philosophies, and in turn develop a respectful attitude toward others and themselves. Students will learn basic stances, punches, footwork, practical self-defense techniques, and a Northern Shao-Lin form. Uniform and equipment may be purchased from instructor. Students signing up for Beginner II must have completed the Beginner I class and permission from instructor. Ages 13-over.

Cost: \$65 Resident, \$80 Non-resident (5 classes) Location: Monte Verde School, 2551 St. Cloud Dr. Instructor: Robert Louie & Herb Leung

Beginner I		9	
5401.101	F	6:45-7:45pm	1/10-2/7
5401.102	F	6:45-7:45 <sup>b</sup> m	2/14-3/14
5401.103	F	6:45-7:45 <sup>b</sup> m	3/21-4/18
5401.104	F	6:45-7:45pm	4/25-5/23
Beginner II		·	
5401.105	F	7:45-8:45pm	1/10-2/7
5401.106	F	7:45-8:45pm	2/14-3/14
5401.107	F	7:45-8:45pm	3/21-4/18
5401.108	F	7:45-8:45pm	4/25-5/23

#### **Instructors Wanted!**

Do you have a special talent or skill that you want to teach others? The Recreation Division is looking for instructors to teach new classes. E-mail Jennie with your teaching interest at: Jtucker@sanbruno.ca.gov

#### **Self Defense Introduction & Basics**

This class will empower you by giving you the tools, skills, and confidence you need to identify, avoid, and survive an attack by preparing you both mentally and physically. You will learn the essence of both physical and mental preparedness against an unprovoked attack. Learn techniques of defending yourself against an unarmed attacker. Learn to defend yourself against knife, bat, and other weapon attacks. You will get hands on experience in fending off attackers. Ages 13-over.

Cost: \$45 Resident, \$56 Non-resident (3 classes) Location: Recreation Center Community Room

Instructor: I	Robert I	Louie & Herb Leung	
5415.101	Τ	7:00-8:30pm	1/7-1/21
5415.102	Τ	7:00-8:30pm	1/28-2/11
5415.103	Τ	7:00-8:30pm	2/18-3/4
5415.104	Τ	7:00-8:30pm	3/11-3/25
5415.105	Τ	7:00-8:30pm	4/1-4/15
5415.106	Τ	7:00-8:30pm	4/22-5/6
5415.107	Т	7:00-8:30pm	5/13-5/27

#### Zumba

Zumba is a dance fitness class that incorporates Latin and international music and dance moves. It's a great way to burn some calories while having fun. Class will include dance moves such as Cumbia, Salsa, Samba, Reggeaton, and more. No dance experience needed. Ages 16-over. No class 1/20, 2/17, & 5/26.

Location: Recreation Center Meeting Room

Instructor: Karen Ojakian

Drop In: \$12 Resident, \$14 Non-resident

Cost: \$105 Resident, \$120 Non-resident (13 classes) 5909.101 MW 12:00-1:00pm 1/6-2/24 5909.102 MW 12:00-1:00pm 2/26-4/9 5909.103 MW 12:00-1:00pm 4/14-5/28

5909.104 MW Drop In

Cost: \$88 Resident, \$103 Non-resident (11 classes) 5909.105 Th 6:00-7:00pm 1/9-3/20

5909.106 Th 6:00-7:00pm 3/27-6/5

5909.107 Th Drop In

Location: John Muir Elementary

Cost: \$112 Resident, \$127 Non-resident (14 classes)

No class 1/20, 2/17, 3/31, & 4/2

No Drop In's

5909.108 MW 4:30-5:30pm 1/8-3/3 5909.109 MW 4:30-5:30pm 3/5-4/28

#### T'ai chi Beginning Level

T'ai chi ch'uan is an ancient Chinese art form of movement and meditation that is considered a national treasure in China and a gift to the world. Through practice of the graceful, low impact movements, and strengthening postures, one can develop a lifelong program and realize benefits on many levels. This beginning level class will focus on learning the 54 movements of the short form and their sequence. No previous T'ai chi experience is necessary for this class. For more information on this class, contact the instructor at (650) 576-2244. Ages 18-over. No class 1/20 & 2/17.

Cost: \$190 Resident, \$205 Non-resident (18 classes) Location: Portola Performing Arts, 300 Amador Drive

Instructor: Jeff Madonich

5408.101 M 7:30-8:30pm 1/6-5/19

#### T'ai chi Continuing Level

This class is designed for students who have completed the T'ai chi Beginning Level Series. The focus will be on refining the movements and postures, as well as moving to a deeper understanding of the philosophy and benefits of this ancient Chinese art form. No class 1/20 & 2/17.

Cost: \$190 Resident, \$205 Non-resident (18 classes) Location: Portola Performing Arts, 300 Amador Drive

Instructor: Jeff Madonich 5408.102 M 6:30-7:30pm 1/6-5/19

#### **Zumba Toning**

Cardio dance using toning sticks which are very lightweight shakers. We will be incorporating exercises to tone our arms, shoulders, legs, and abs. It's a fun way to burn calories and tone our muscles. Ages 16-over.

Location: Recreation Center Meeting Room

Instructor: Karen Ojakian

Drop In: \$12 Resident, \$14 Non-resident

Cost: \$88 Resident, \$103 Non-resident (11 classes) 5909.121 T 6:00-7:15pm 1/7-3/18 5909.122 T 6:00-7:15pm 3/25-6/3

5909.123 Drop In

#### Yoga

Yoga means union and is designed to assist in integrating mind, body, and spirit. Each yoga posture not only helps us to relax, strengthen, and tone, but also aids in opening major energy centers. Over time, many of us build up and hold blocked energy within, creating tension, stress, and disease, which limits us from vibrating at our highest level. Take time for yourself and join this non-competitive, relaxing, and lifegiving environment. No previous experience is necessary. Please bring a mat, strap, band, or belt. It is best not to eat prior to class. Ages 13-over. No class 1/20 & 2/17.

Location: Recreation Center Meeting Room

Instructor: Linda Russell

Drop In: \$12 Resident, \$15 Non-resident

Cost: \$54 Resident, \$68 Non-resident (6 classes) 5601.101 M 7:00-8:30pm 1/6-2/24 5601.102 7:00-8:30pm M Drop In 5601.103 M 7:00-8:30pm 3/3-4/7 5601.104 M 7:00-8:30pm Drop In 5601.105 4/14-5/19 M 7:00-8:30pm 5601.106 M 7:00-8:30pm Drop In

#### **Introduction to Golf for Adults**

This class is aimed at the player with little or no playing experience. We will focus on the grip, stance, posture, and full swing for both irons and woods. You will also learn the basic fundamentals of the short game and putting. Clubs will be provided for all the classes. Range balls must be purchased at class. e-mail:dsuh@sanbrunogolf.com. Ages 18-up.

Cost: \$99 Resident, \$114 Non-resident (4 classes)
Location: San Bruno Golf Center, 2101 Sneath Ln
Instructor: Golf Center Staff

mstructor: G	ion Cen	ter Stan	
3013.106	W	6:30-7:30pm	1/8-1/29
3013.107	W	6:30-7:30pm	2/5-2/26
3013.108	W	6:30-7:30pm	3/5-3/26
3013.109	W	6:30-7:30pm	4/2-4/23
3013.110	W	6:30-7:30pm	5/7-5/28
3013.111	Sat	9:30-10:30am	1/4-1/25
3013.112	Sat	9:30-10:30am	2/1-2/22
3013.113	Sat	9:30-10:30am	3/1-3/22
3013.114	Sat	9:30-10:30am	4/5-4/26
3013.115	Sat	9:30-10:30am	5/3-5/24

#### American Line Dancing as a Low Impact Exercise

Line Dancing is a very good low-impact exercise activity that even just dancing for an hour translates to an average of 2,000 steps, about .80 miles and about 75 calories burned.

Line Dancing is for fun and exercise - open to all ages that enjoy dancing! Get lively, move with confidence, and stay fit while having fun with or without a partner. Learn the various forms of American Line Dancing e.g. slide, country line, flowing waltz, boogie, chacha, tango, rumba, foxtrot, salsa, mambo, samba, shimmy, bachata, jive, and more! Be surprised with the music variety in class.

This is the progressive approach, mix-levels, learning and growing together - starting with the basic beginner and Level Zero selections as the introductory period, then getting into Level 1 for the next phase, and ultimately growing to the intermediate Level 2 phase during the final half of the program where the students can even request their favorites! Ages 18over. No class 2/10, 2/17, 4/14, & 4/28.

January 27 is a free introductory class where prospective students can give it a "test-drive" and register on site!

Cost: \$80 Resident, \$95 Non-resident (10 classes) Drop In Fee: \$10 Resident, \$12 Non-resident Location: Recreation Center Community Room Instructor: Allen Isidro

Free Previev	v Class M	6:00-7:30pm	1/27
Mix-Level		·	
5107.101	M	6:00-7:30pm	2/3-5/5
5107.102	Drop In	•	

#### **American Line Dancing Drop-In Class**

Join us on Thursdays for a drop-in Line Dancing class. LEVEL ZERO: easy slow pace and movements of dance selections that involve minimal or no turns at

LEVEL 1: for beginners who would like to learn the basics before gradually progressing, but still very good low-impact exercise for everyone (experienced or not.) No class 5/1.

Drop In Fee: \$6 Resident, \$8 Non-resident (for both classes) \$9 Resident, \$11 Non-resident Location: Recreation Center Community Room Instructor: Allen Isidro

Level 0

5107.103	Th	9:30-10:25am	1/30-5/8
	111	9.50-10.25am	1/30-3/6
Level 1			
5107.104	Th	10:35-11:30am	1/30-5/8

#### **Belly Dance**

Do you love to dance? Do you like unusual, interesting music? Have you ever been tempted to study a percussion musical instrument? If so, then Belly Dance may be the answer. Learn a dance form with ancient origins, and many modern variations. Instruction includes both modern and folkloric dance styles. Students will receive instruction in the playing of finger cymbals. The course, for beginning through advanced teens and adults, will also include instruction in costuming techniques appropriate to each style. Bring three yards of sheer 45 inch wide fabric and a set of four finger cymbals. Ages 13-over. Females only. No class 1/20, 2/17, 5/26.

Cost: \$48 Resident, \$60 Non-resident (8 classes) Location: Monte Verde School, 2551 St. Cloud Dr. Instructor: Nancy Hernandez

5106.101	Μ	7:00-9:00pm	1/6-3/10
5106.102	М	7:00-9:00 <sup>b</sup> m	4/7-6/2

#### Social Ballroom Dance

When you go to dance, do you envy those couples gliding around the floor? Join the beginning class and learn the basics in the Samba, Rumba, Cha Cha, Waltz, Foxtrot, Swing, Mambo, Tango, and more. The Intermediate Class is a continuation of instruction from the Basic Class with the addition of NEW and advanced steps with emphasis on styling in all the dances. One basic series required before attending Intermediate Class. New intermediate steps every series. FOR COUPLES ONLY. Ages 16-over. (6 classes)

Cost: \$95 Resident, \$110 Non-resident (per couple) Location: Forest Hill Christian Church,

250 Laguna Honda Blvd. SF Instructor: Bart & Judy Lewis

5105.101	Beg	Th	7:30-8:30pm	1/16-2/20
5105.102	Inter	Th	8:30-9:30pm	1/16-2/20
5105.103	Beg	Th	7:30-8:30pm	3/20-4/24
5105.104	Inter	Th	8:30-9:30pm	3/20-4/24

# Special Needs Wednesday Social Event Night

Looking to socialize with other Special Needs teens and adults? Wednesday nights at the Veterans Memorial Recreation Center is the place to be! Each Wednesday from 7:00-9:00pm, we do various activities that may include leaving the Recreation Center. Please call Jennie at 616-7184 and leave your address to receive a newsletter and obtain more information about our events.

#### **Reduce your Stress**

The pace of modern life has become so fast and intense that it has created an epidemic in our society. This epidemic that affects the majority of us is stress. You have probably heard how stress affects the human body. It is not unusual for people to suffer all kinds of psychological and physical problems because they are afraid of dealing with the factors responsible for their stress. Learn practical solutions to combat this inner enemy and feel empowered to solve all the day to day problems we encounter. All ages.

Cost: \$15 Resident, \$19 Non-resident (1 class)
Location: Recreation Center Conference Room 2
Instructor: Dr. Simon Yu, D.C.
5616.102 T 7:00-8:30pm 2/4



**Jump Start Your Weight Loss** 

Yo-yo dieting is not the answer -- ever. It compromises your health and demoralizes your spirit. Only adopting a healthy eating style for life will provide you with good health and a consistent, healthy weight. You want to lose weight, but sometimes it's hard to make a long term commitment to a class or program. We'll help you get a great start to making a long term change. Other things you will learn in class:

Successful weight loss is NOT about going hungry or feeling deprived!

 Learn how to make your meals more filling and satisfying with fewer calories.

 We will focus on nutrient-dense foods: foods high in nutrients and low in calories.

 Learn how to be in charge of the rate of your weight loss, by varying the calorie density of your foods according to your needs.

foods according to your needs.

This is not a diet. You are learning a new way to eat, permanently!

Cost: \$15 Resident, \$19 Non-resident (1 class)
Location: Recreation Center Conference Room 1
Instructor: Dr. Simon Yu, D.C.
5616.104 T 7:00-8:30pm 1/7

#### **Adult Enrichment**

#### **Living Without Headaches**

Does Real Headache relief continue to be just beyond your reach? Do you suffer from Migraine Headaches, recurring Headaches, or Cluster Headaches? What Causes Headaches? Many people are asking that same question. What causes headaches can be a number of different things. A constant headache can be a real worry. Wondering what actually causes a headache presupposes that you are interested in treating the cause of different types of headaches rather than just swallowing pain medication. Scientists have yet to completely unravel the cause or causes of headaches. In reality, your chances of truly resolving your headaches are higher by eventually looking into core Migraine relief alternatives than just taking drugs. Dr. Simon Yu will teach you ways to live pain free of your headaches. He will show you how to enjoy a more pain free life. All ages.

Cost: \$15 Resident, \$19 Non-resident (1 class) Location: Recreation Center Conference Room 2 Instructor: Dr. Simon Yu, D.C. 5616.103 T 7:00-8:30pm 5/6

Parenting without Power Struggles
Power struggles are emotionally drain-

ing and create distance between you and your child. Learn how to replace arguments with effective communication. Teach your child to cooperate without punishments, rewards, or bribes. Use positive strategies to empower your child to become more responsible. Most importantly, establish a win/win environment and create a meaningful, connected, and long-lasting relationship with your child. Ages 18-up.

Cost: \$45 Resident, \$56 Non-resident (1 class)
Material Fee: \$5 payable to instructor on class day
Location: Recreation Center Conference Room 2
Instructor: Michelle Joelson, M.S.
5032.101 T 7:00-9:00pm 2/11

**Healthy Living to 100** 

One of the biggest factors that determines how well you age is not your genes but how well you live. Not convinced? Luck and genetics play roles in longevity, of course, but you can't control that. To hike your odds of hitting 100, focus on what you can do, like loading up on fruits and veggies (add five years), working out five days a week (add two to four years), and cutting down on stress (may add up to six years). Dr. Simon Yu will go over these topics and other helpful tips to Healthy Living to 100. All ages.

Cost: \$15 Resident, \$19 Non-resident (1 class) Location: Recreation Center Conference Room 1 Instructor: Dr. Simon Yu, D.C. 5616.101 T 7:00-8:30pm 3/18

Enhance Your Intuition
Are you searching for a greater feeling of connection to yourself and the world around you? Do you wonder about your purpose here? Deepen your connection with yourself by enhancing your intuition. This exciting, engaging, and fun 5-hour introductory workshop will help you open your third eye and experience increased intuition, which can lead to deeper states of calmness, peace of mind, and a stronger trust in yourself and your choices. You'll learn about different types of intuition that we experience and what type of intuition you might already possess, how to overcome blocks to engaging your intuition, receive a special process to open your third eye, and learn meditation and exercises to maintain and grow your intuition. Ages 18-up.

Cost: \$75 Resident, \$90 Non-resident (1 class) Material Fee: \$5 payable to instructor on class day Location: Recreation Center Conference Room 2 Instructor: Elisa M. Fireman

5031.101	Sat	10:00am-5:00pm	1/11
5031.102	Sat	10:00am-5:00pm	2/8
5031.103	Sat	10:00am-5:00pm	4/12



#### **Urban and Backvard Composting Workshop**

Join us for a fun and informative, hands-on workshop taught by volunteer Master Composters with the County of San Mateo RecycleWorks Program. We will teach you everything you need to know to make rich, dark compost for use in your yard, garden, or even your house plants! Each class is 1.5 hours long and will cover both backyard and worm composting for homes and apartments. Composting saves resources, slows the waste stream, and is indispensable to any sustainable garden or homestead. It is also a wonderful teaching tool for children!

Cost: Free (1 class)

Location: Recreation Center Conference Room 1 Instructor: County of San Mateo Master Composters 5205.110 Th 6:00-8:00pm

Pre-registration for this class is desired. In the case of no enrollment, class will be cancelled two days prior to class date.

**Savvy Social Security Planning** 

- Will Social Security be there for me?
- How much can I expect to receive?
- When should I apply for benefits?
- How can I maximize my benefits?
- Will Social Security be enough to live on in retirement?

Cost: \$10 Resident, \$13 Non-resident (1 class) Location: Recreation Center Conference Room 1 Instructor: Richard Bologna and Torosa Nino

mstructor:	nichard	bologna and leresa Mino	
5804.111	W	7:00-8:30pm	1/22
5804.112	W	7:00-8:30pm	2/19
5804.113	W	7:00-8:30pm	3/19
5804.114	W	7:00-8:30pm	4/16
5804.115	W	7:00-8:30pm	5/14

#### Preparing the Way For Your Child To Go to College

A college education is one of the greatest gifts you can give your child or grandchild. While the benefits are great, so too are the costs. And they continue to rise at a pace faster than inflation. In fact, according to the College Money, Annual College Cost Survey, 2005, if your child starts college in 2016, a four-year education can cost over \$146,000 for an in-state resident at a state college and over \$360,000 for an lvy League college! You will explore the reality of college education costs and the potential for a negative impact on your retirement goals. We will touch upon several different options, even some commonly overlooked alternatives. As part of your class, you will receive a Financial Aid Evaluator and College Projector to help you begin your planning. Ages 18-up.

Cost: \$10 Resident, \$13 Non-resident (1 class) Location: Recreation Center Conference Room 1 Instructor: Hans Reese, CFP®, CRPC®

motructor.	i iano i u		
5200.104	Τ	7:00-8:30pm	2/4
5200.105	T	7:00-8:30pm	3/4
5200.106	Τ	7:00-8:30 <sup>p</sup> m	4/8

#### Take Control of Your Finances

Today, too many people are borrowing to finance their everyday expenses — a risk they may not be able to afford. Start your 2014 off on the right foot! Join us to create your own plan to reduce debt and build savings. This class will focus on creating a personal balance sheet, discuss the right way to use debt, review your spending habits, create a budget, and take steps to reduce debt and avoid trouble in the future. As part of your class, you will receive an easy workbook to begin working on your plan to take control of your finances. Ages 18-up.

Cost: \$10 Resident, \$13 Non-resident (1 class) Location: Recreation Center Conference Room 1 Instructor: Hans Beese CEP® CBPC®

monucion. I	10115 111	cese, Orrw, Orrow	
5200.101	Т	7:00-8:30pm	1/21
5200.102	Т	7:00-8:30 pm	2/18
5200.103	Т	7:00-8:30pm	3/18

#### **Sketching, Painting & Watercolor**

Sketching and drawing will be done using the "Right Side of the Brain" techniques, which encourages an original and inspirational approach. Students will learn how to handle water interactive, spontaneous, fresh way, techniques of watercolor will be covered. Emphasis on color blending, values building, and composition will also be covered. Please bring any brushes, sketchbooks, and watercolor paper you will need. Brushes are also available through the instructor at a minimal cost. This class is open to all beginning and intermediate students. Ages 15-over.

Cost: \$38 Resident, \$47 Non-resident (7 classes) Location: Recreation Center Ceramics Studio

Instructor: Marilyn Bennett

5005.101	Τ̈́	6:30-9:15pm	1/7-2/18
5005.102	W	9:30-11:45am	1/8-2/19
5005.103	T	6:30-9:15pm	3/4-4/15
5005.104	W	9:30-11:45am	3/5-4/16

#### **Porcelain Dolls**

Create a doll for someone special and a gift that can be treasured forever. Complete a doll of your choice in porcelain. After using our molds, you will be instructed in cleaning and finishing techniques as well as china painting to decorate dolls. A wide variety of dolls will be reproduced, antique as well as new modern dolls are available from 2" to 36". Supplies, greenware, china paints, and tools purchased separately from instructor. Ages 15-over.

Cost: \$46 Resident, \$57 Non-resident (7 classes) Lab Fee: \$10 payable to instructor at first class Location: Recreation Center Ceramics Studio Instructor: Marilyn Bennett

5001.101 T 6:30-9:15pm 1/7-2/18 5001.102 W 9:30-11:45am 1/8-2/19 5001.103 T 6:30-9:15pm 3/4-4/15 5001.104 W 9:30-11:45am 3/5-4/16

**Living Poetry** 

Living poetry means making poetry part of your life every day. By reading, writing, and listening to poetry, our group will make connections to the world around us. Inspired by nature, relationships, and culture our own poetry will energize our spirits and open our hearts. We will celebrate National Poetry month together. Ages 15-up.

Cost: \$66 Resident, \$81 Non-resident (4 classes) Location: Recreation Center Conference Room 2

Instructor: Sharyl Weinshilboum

5008.102 M 6:30-8:30pm 4/7-4/28

#### **Creative Ceramics**

Here's your chance to make individualized gifts for those special friends. Our new kiln is here and we will be trying some experimental glazes in a controlled firing. Our glazes are oven and microwave safe as well as food safe. The class is open to beginners and advanced students. Coil, pinch, and slab work will be covered and wheelwork introduced. Create your own casserole dishes, platters, mugs, and sculptures with microwaveable, lead free glazes. Learn hand work as well as wheel throwing, slab, coil, and sculpture introduced. Lab fee covers cost of glaze and firing. Clay is available at cost. Wear your old clothes or smocks! Ages 15-over.

Cost: \$46 Resident, \$57 Non-resident (7 classes) Lab Fee: \$10 payable to instructor at first class Location: Recreation Center Ceramics Studio

Instructor: Marilyn Bennett

5002.101	T	6:30-9:15pm	1/7-2/18
5002.102	W	9:30-11:45am	1/8-2/19
5002.103	Τ	6:30-9:15pm	3/4-4/15
5002.104	W	9:30-11:45am	3/5-4/16

50+ Ceramic classes & Oil Painting offered at the Senior Center by the San Mateo Adult Education. For more information see 50+ pages or contact the Senior Center at 650-616-7150.



**Creative Collage** 

Creative Collage brings together color, texture, memory, and ideas. We will explore materials and techniques that, when mixed with your imagination, will create art that speaks to your soul. No prior experience required, only a desire to be a part of a community that will help you find the artist within. Ages 15-up. No class 1/20.

Cost: \$66 Resident, \$81 Non-resident (4 classes) Material Fee: \$10 payable to instructor on first day

Location: Recreation Center Tots Room

Instructor: Sharyl Weinshilboum 5008.101 M 6:30-8:30pm 1/6-2/3

**Cake Decorating I** 

In this class you will learn the basics of cake decorating and more! This class will cover everything you need to get started decorating cakes that will impress you, your friends, and family. We will learn to make roses, level a cake, make icing, make decorative strokes such as stars, shells, leaves, stems and clowns. After the first week students will need to bring icing as well as a cake or cupcakes to decorate. Ages 16-over.

Cost: \$55 Resident, \$69 Non-resident (4 classes) Lab Fee: \$40 payable to instructor for cake kit Location: Recreation Center Conference Room 2

Instructor: Christine Hopkins

5024.101 W 6:30-8:30pm 1/8-1/29 5024.102 W 6:30-8:30pm 3/5-3/26

#### **Beginning Sewing**

Have a sewing machine and don't know where to start? Start with this class. This class will cover the basics and get you sewing! Learn how to select a pattern and read a pattern. We will prepare, layout, and cut the pattern pieces. And finally we will sew the items in class. We will make two easy projects – perfect for beginners. Don't worry if you have no sewing experience – just come to class with a willingness to learn, and you will be sewing in no time! Materials list will be sent out approximately 1 week prior to start date. Sewing machine required. Sewing machine rentals are available for classroom use, \$20 fee payable to the instructor. If you have any questions about the class, please e-mail the instructor at hopkinsce@yahoo.com. Ages 16-over.

Cost: \$55 Resident, \$69 Non-resident (4 classes) Lab Fee: \$5 payable to instructor at class Location: Recreation Center Tiny Tots Room

Instructor: Christine Hopkins

5024.104 T 6:30-8:30pm 1/7-1/28 5024.105 T 6:30-8:30pm 2/4-2/25

#### **Intermediate Sewing**

Know how to sew, but want to learn more? In this class, we will work on techniques to expand and improve your sewing. We will make at least one project in class. The class is very hands on. Materials list will be sent out approximately 1 week prior to start date. Sewing machine required. Sewing machines rentals are available for classroom use, \$20 fee payable to the instructor. If you have any questions, please email the instructor at hopkinsce@yahoo.com. Ages 16-over.

Cost: \$55 Resident, \$69 Non-resident (4 classes) Lab Fee: \$5 payable to instructor at class Location: Recreation Center Tiny Tots Room

Instructor: Christine Hopkins

5024.112 T 6:30-8:30pm 2/4-2/25 5024.113 T 6:30-8:30pm 4/8-4/29

#### **Cake Decorating II**

This class is for those wanting to expand their cake decorating skills. We will work with fondant, gum paste, royal icing, color flow, and buttercream. We will learn techniques that will take your cakes beyond ordinary. This class is for those with knowledge of the skills taught in Cake Decorating I. If you have any questions, please e-mail the instructor at hopkinsce@yahoo.com. Ages 16-over.

Cost: \$55 Resident, \$69 Non-resident (4 classes) Lab Fee: \$40 payable to instructor for cake kit Location: Recreation Center Conference Room 2

Instructor: Christine Hopkins

5024.103 W 6:30-8:30pm 2/5-2/26



#### **Beginning Quilting**

This class will cover the basics of quilting – how to cut and piece blocks, how to sew the quilt top, and how to put it all together into a finished quilt. We will make a baby-sized quilt. We will cover the tools and techniques used for fast and easy quilting. Sewing machine and rotary cutter are required. If you have any questions about the class, please e-mail the instructor at hopkinsce@yahoo.com.

Cost: \$55 Resident, \$69 Non-resident (4 classes) Lab Fee: \$5 payable to instructor at class Location: Recreation Center Tiny Tots Room

Instructor: Christine Hopkins

5024.114 W 6:30-8:30pm 4/9-4/30

#### **Introduction to Essential Oils**

Learn how to incorporate the healing power of essential oils into your life. Safe and effective, natural medicine from the earth can replace many OTC medicines. Ages 18-over.

Cost: \$25 Resident, \$31 Non-resident (1 class) Location: Recreation Center Tiny Tots Room

Instructor: Pam Gradney

5615.101 W 6:00-7:30pm 1/29

#### **Green Cleaning with Essential Oils**

Use household products combined with Essential Oils for safe green cleaning. Eliminate the use of harsh toxic chemicals and poisons and go green to clean. Ages 18-over.

Cost: \$25 Resident, \$31 Non-resident (1 class) Location: Recreation Center Tiny Tots Room

Instructor: Pam Gradney

5615.102 T 6:00-7:30pm 2/18

# San Bruno Senior Center-Adults 50+

1555 Crystal Springs Road - 650-616-7150

#### **Art & Special Interests, Exercise, Music & Dance**

Mondays	
3-Mile Hike	8:15am
*Ceramics	9:00am
Zumba Gold	9:45am
Ballroom Dancing (to live music)	11:00am
Advanced Tap Dance	12:20pm
Famous Faces and Places	1:00pm
Computer Club	1:00pm
BINGO	
Beginning Tap	1:15pm
Karaoke Class	3:00pm
*Gentle Pilates	
*Yoga for Health	4:30pm
Tuesdays	
Fun & Fitness Exercise	9:00am
Spanish Lessons	
Dance Party - DJ	
Computer Člub	1:00pm
Ukulele Lessons	
Ballroom Dance Lessons	

#### Wednesdays

3 Mile Hike	8:15am
Advanced Western Line Dancing	
Stained Glass	9:30am
Eye Glass Repair(2nd Wed)	10:00am
Ballroom Dance (to live music)	10:45am
Computer Club	1:00pm
*Current Affairs	1:00pm
Beginning Western Line Dancing	1:00pm
BINGO	1:10pm
Intermediate Western Line Dancing	2:00pm
Tai Chi	3:15pm
*QiGong:GentleMeditativeExercises	4:30pm

#### **Daily Drop In Activities**

Puzzles Pool Tables

Cards Weekly Pedro Tournaments

Friday afternoon Bridge Club

Lunch & Transportation programs sponsored in part by San Mateo County Area Agency on Aging.

#### **Thursdays**

Fun & Fitness Exercise	9:00am
Creative Writing	10:00am
*Yoga	10:00am
*Oil/Acrylic Painting	
Softball	
Ballroom Line Dancing	1:00pm
Pedro	
Thursday Night BINGO	5:00pm
(sponsored by Non-Profit Nutrition S	Site Council)

#### **Fridays**

3 Mile Hike	8:15am
Knitting	9:00am
Movie (1st Friday)	9:30am
Zumba Gold	10:00am
Music Sing Along (One Friday per month)	11:00am
Computer Club	
Bridge	1:00pm
Gardening Class	1:00pm
BINGO	1:10pm
Ping Pong	1:30pm

#### \*Sponsored by San Mateo Adult Education San Mateo Adult Education Programs

Held at San Bruno Senior Center All seniors (50+) are invited to participate in all classes. Co-sponsored with San Mateo Union High School District. There is a nominal fee for the above co-sponsored programs.

Class	<u>Instructor</u>	Day	Times
Ceramics	Ann Grannis	M	9am
Pilates	Stephanie Funk	M	3:30pm
Yoga for Health	Charla Jean	M	4:30pm
Qi Gong	Mary Carrigan	W	4:30pm
Current Affairs	Jack Mather	W	1-2:30pm
Yoga	Daniela Scott	Th	10:00-11am
Painting	Jeri McGovern	Th	12:30-3:30pm

Individual Class Fees range from free to \$6 per class. Adult Education Classes: \$37 Class Card per course for 65+. \$57 Class Card per course for 50-64 years. Painting and Ceramic classes are \$60 per session.

#### AARP Smart Driver Course 8:30am-12:30pm January 29 & 30

AARP & San Bruno Senior Center sponsors a refresher-driving course for adults 50 and over. The cost is \$15 for AARP Members and \$20 for Non-AARP Members for two 4-hour sessions. Call the Senior Center to register.

#### Adult 50+ Services

#### **Social Services**

Susan Mrsny at (650) 616-7155 is available to assist and answer questions pertaining to senior health care, transportation, employment, respite care, tax assistance, social security, insurance, home delivered meals, housing, and more. If you are homebound or know of someone who can use assistance or support, call Susan. There is no charge for this valuable service for San Bruno residents, but donations are accepted.

#### YEAR-ROUND REPAIRS

For qualified homeowners in San Mateo County. Call REBUILDING TOGETHER PENIN-SULA at 650 366-6597. Repairs may include Roof Repairs, Electrical Work, Plumbing, Rail & Ramp Installation, Interior and Exterior Painting.

#### Help at Home: A Guide to Assist San Mateo County Residents to Remain at Home

The Help at Home guide is a mini-reference guide designed to assist San Mateo County adults of all incomes to remain in their homes when they are ill, disabled, or in crisis. The guide includes listings for Aging & Adult Services of San Mateo County, adult day care centers, grocery and meal delivery services, dining centers, home care services, home health agencies, medical insurance assistance, loan closets, medical equipment, support groups, transportation, and more.

Help at Home is published by the San Mateo County Commission on Aging and the Peninsula Library System and contains no advertisements. Spanish and Chinese versions are available and an online version can be accessed at www.san-mateo.networkofcare.org/aging. To obtain a free copy of the booklet, please call San Mateo County Aging & Adult Services at 650-573-2643 or call Susan Mrsny at the San Bruno Senior Center at 650-616-7155.

# Social Service Hotline 1-800-675-ties (8437)

# American Association of Retired Persons (AARP)

Monthly meetings at the San Bruno Senior Center, second Saturday of each month, 9:00am – 12:30pm.

#### **Computer Club**

Membership is open to everyone over 50. We offer classes (including beginners), practice time and coaching. Current information is posted on the Club Bulletin Board in the Center's Conference Room. Questions call Bob Elliott at (415) 990-0784.

#### **Blood Pressure Checks**

Come have your blood pressure and BMI checked on the last Friday of each month from 9:30-10:45am. From 11-11:30 there will be a nurtrition or "heart smart" class. There is no charge for this service. This program is sponsored by Senior Focus, Mills-Peninsula Health Services, and San Mateo County Aging & Adult Services. 60 years and older.

# Health Insurance Counseling and Advocacy Program (Hicap)

Call 1-800-434-0222 to speak to our volunteer health insurance counselor who is available for Tuesday appointments. She will help answer your questions about medicare and health insurance issues including HMO's and Long Term Care.

#### **CALL 211**

#### Get Help:

- \* Services for children
- Care for an elderly parent
- \* Food, shelter & employment
- \* Healthcare and much more!

Can't dial 211? Call 1-800-273-6222 TTY 415-808-4440 or 711 or visit www.211BayArea.org Free & Confidential Multi-Lingual Available 24/7

#### Adults 50+ Services

#### **Softball League**

Team of enthusiastic players (50+) who practice and play softball on Thursday mornings (usually 9:30am-Noon) at Lions Field (weather permitting). New players, male and female, encouraged to join us for some fun and exercise.

League Fees: \$10 per person

For more information call Mary at 650-616-7152.



#### **Fun & Fitness Exercise Class** Tuesday & Thursday - 9-10am

A light aerobic workout including stretches choreographed to lively music. Get your body moving and join the fun!

Fee: \$3 Resident, \$3.50 Non Resident

#### **Bocce Ball For Players 50+ Spring leagues start March 17**

Mondays 9:00-1:00pm Starting 3/17 Tuesdays 11:30-3:30pm Starting 3/18 Fridays 9:00-1:00pm Starting 3/21

Registration Deadline: March 1

League Fee: \$5 per person per league day for non-members, Free for 2014 members.

Four person teams plus one alternate.

Sign up at the San Bruno Senior Center or call Mary Tessier at 616-7152. All Bocce players welcome!

#### **Winter & Spring Horseshoe League**

#### Winter league begins February 19 **Spring league begins May 14**

League plays Wednesdays from 9:00-11:30am at Beckner Shelter in San Bruno City Park. Two Person Teams.

League Fee: \$5 for non-members

Free for 2014 members

Sign-up at the San Bruno Senior Center or call Mary Tessier at 616-7152.

#### **Zumba Gold**

Join us for this new exercise sensation, which is an exciting and fun dance workout to a fusion of Latin and International music. Zumba Gold is a slower version of the same class designed so that even beginners can enjoy a safe, yet dynamic workout.

Instructor: Kathy Schmidt Mondays, 9:30 -10:15am Fridays, 10:00 - 10:45am \$4 Resident, \$5 Non-resident

# STEP OUT



FRIDAY, MAY 16, 2014 8:00 am- 1 pm \$10 REGISTRATION FEE INCLUDES:

8:00am - 6 Mile Sawyer Camp Trail Walk 9:00am - Fitness Walk around San Bruno City Park

10:00am - Health Information 11:00am - Entertainment 12:00pm - Lunch

Fee includes walk, transportation to Sawyer Camp, lunch, entertainment, and t-shirt. Co-sponsored by Marymount Greenhills.

> Pre-register by May 6th at the San Bruno Senior Center 1555 Crystal Springs Road 650-616-7150.

# San Bruno Senior Center 27TH ANNIVERSARY Wednesday, January 15 Entertainment, Dancing, Lunch & Bingo!

#### Adult 50+ Services

Pick up your monthly Senior Center Activities Bulletin at the Senior Center Reception Desk and check out our daily lunch menu! Our talented chef, Gloria Deeter prepares food onsite to provide you with delicious meals that you can enjoy with your friends on the deck overlooking Junipero Serra Park or in our beautiful dining room. If you're at least 60 years old (and registered), the requested donation for each meal is only \$3.00. Registration is easy. Just stop by and we'll show you how. If you're younger than 60, the cost for each meal is \$5.50. Co-sponsored by San Mateo County Area Agency on Aging.

#### "FREDDIE'S CAFE"

Monday - Friday 8:00am-4:00pm

Now serving Espressos, Lattes,
Mochas, Cappuccinos, Speciality Drinks, Chai
Tea, Hot Chocolate, Tea, Hot Apple Cider, and
Sandwiches!
OPEN TO THE PUBLIC!

#### Salad Bar

Monday - Friday (except party days)
11:00am - 12:15pm
\$3.00 Donation
For people 60+ and registered for the Senior
Center Lunch Program

#### Fun Events at San Bruno Senior Center <u>Wednesday</u>, <u>January</u> 15

25th Anniversary Celebration

#### Friday, February 14

Valentine's Lunch and Dance Party

#### <u>Tuesday, March 4</u>

Mardi Gras Party

#### Monday, March 17

St. Patrick's Day Party

#### Monday, April 14

Easter Party

#### <u>Friday, May 9</u>

Mother's Day Party

#### Friday, May 16

"Step Out" Event

The Non-Profit Senior Services Program Sponsors

#### THURSDAY NIGHT BINGO

Doors open at 5:00pm
Games begin at 6:45pm
Open to the Public
Maximum payouts- 4 Early Birds; 17 regular
games and much, much more!

# Your Annual SBSC Voluntary Membership Application is waiting for you at the Senior Center Reception Desk.

Help the Senior Center continue to bring high quality programs and services to the community by becoming a Senior Center Supporter

coming a Senior Center Supporter. The annual "Supporter" fee is \$15 per year for San Bruno Residents, \$20 for non-residents. All donations are tax deductible and support the non-profit Information/Referral, Transportation, and Lunch Programs.

The benefits package includes:

One Lunch Ticket

One Lunch Party Ticket

One Coffee Bar Coupon

Waive Senior Center League participation fees for Bocce, Horseshoes, and Softball and free use of the Billiards Table.

Plus the satisfaction of supporting the San Bruno Senior Center

#### **Sunday Dances**

1st Sunday of the Month

Line Dance with Jeanette Feinberg & Tina Beare 1:00-4:00pm, \$5 - 50+ only. Refreshments, lessons and dancing!

3rd Sunday Dances

Come and dance the afternoon away with the Bob Gutierrez Band. Refreshments served. Your hosts: Raoul Epling & Akira Tsunoda 1:00-3:30pm, \$5 per person

Last Sunday Dance

Last Sunday of each month. Refreshments served. Live music with the Bob Gutierrez Band. Your hosts: Raoul Epling & Akira Tsunoda 1:00-3:30pm, \$5 per person

#### **The Peking Acrobats**

Sunday, January 26 \$133 per person

The Peking Acrobats practice extraordinary feats of balance, flexibility, and precision drawn from ancient Chinese folk traditions. We will enjoy a hosted buffet brunch before the show at Caffe Florian in the Crown Plaze Hotel in Foster City and then see the show in Berkeley.

Departure Point: Library & Magnolia, Millbrae

Departure Time: 10:30am Return Time: 6:30pm

Register at the Senior Center Reception Desk.

# Gentleman Prefer Blondes Sunday Fobruary 16

Sunday, February 16

\$98 per person

Enjoy this stage version of the classic film that starred Marilyn Monroe and Jane Russell at the Saratoga Civic Theater. Before the show, enjoy a hosted lunch at Florentine Trattoria.

Departure Point: Library & Magnolia, Millbrae

Departure Time: 11:00am Return Time: 6:00pm

Register at the Senior Center Reception Desk.

### UNDLAN CASUND DAY TRUS

Depart Magnolia & Library in Millbrae at 8am and travel to an Indian Casino where you will enjoy casino action. Sign up at the San Bruno Senior Center only. Ages 50+

#### Red Hawk - \$36

Tuesday, January 14 \$15 Slot Play or \$20 Table Play

#### Cache Creek - \$36

Tuesday, February 11 \$10 Casino Cash; \$5 Food.

#### **Thunder Valley- \$36**

Tuesday, March 11 \$15 Match Table Play or \$15 Free Slot Play; \$5 Food.

#### Adults 50+ Services

#### High Gas Prices? No Place To Park?

Why not try the BUS and leave the driving to us! Door to Door Service to the Senior Center for San Bruno Residents Phone 616-7150

#### **The Blossom Trail**

Friday and Saturday
February 28-March 1
\$246 per person, double occupancy
\$284 per person, single occupancy

Let's hit the Blossom Trail to welcome spring to California. We will travel south to Sanger for the 26th annual Blossom Trail Festival on Saturday, March 1st., staying the night before nearby and enjoying some of the 62 mile Blossom Trail, a visit to the historic Kearney Mansion and Roger Rocka's in Fresno for their dinner theater production of 'A Funny Thing Happened on the Way to the Forum.'

For more information contact: Dorothy Carmichael at (650) 588-8375



# 15 Night Panama Canal Cruise September 27

15 night Panama Canal (full transit) cruise departing from San Francisco on September 27, 2014 and ending in Fort Lauderdale. Prices start at \$1859. For more information contact Marilyn Levene at 650-878-8551.

# Community Organizations & Sports Groups

**Sports Contacts**Note: Playing seasons and some sign-up dates are listed. For further information, call the contact.

R	а	c	۵	h	а	II
ப	а	.>	H	U	а	11

Tee Ball & Peewee League (5-10 yrs) - Ray Scarabosio..689-5543 League Mar-Jun, Sign-ups begin in Jan www.sbpw.org Junior Giants (7-12 yrs)- Lorry Greenberg......873-0856 League: July-Aug, Sign-ups last Sat in April www.jrgiants.org Fall Baseball (10-14 yrs) - Jim Thiel......589-4432 League: August-November, Sign-ups June 9 & 16 AAA Division (11-12 yrs) - John Seevers......871-8493 League: Mid February-June, Sign-ups end of January Pony Division (13-14 yrs) - Jim Thiel......589-4432 League: Mid February-June, Sign-ups end of January Colt League (15-16 yrs) - Dave Stagnaro.....583-3497 League: Mid May-Mid July, sign-ups last two Sat. in Feb. DiMaggio Team (16-18 yrs) - (Summer)

Tom Lara.....589-4430 Bob Nolan.....952-6833

League: End of May-Mid August, sign-ups in February American Legion (16-18 yrs) (Summer & Fall)

Lynn Berliner.....201-6541

League: End of May- Mid August & September-Mid November, sign-ups end of February

#### Bocce and Horseshoe League

50+ Spring and Summer/Fall

Mary Tessier......616-7152

#### Softball

Girls Minor League (6-13 yrs)-Tanya Borghello.....872-0274 League: Mid February-Mid May, sign-ups Mid October www.sanbrunogirlssoftball.com Girls Major League (13-18 yrs)-Tanya Borghello....872-0274 League: End of May - Mid July, sign-ups late March www.sanbrunogirlssoftball.com Men's & Coed League - Danielle Brewer......616-7182 League: Spring, Summer, Fall - April through October 50+ Daytime League - Mary Tessier......616-7152

#### Soccer

A.Y.S.O. (4-18 years) - Mike Yip......873-2976 www.sanbrunoayso.org Lowen Soccer Club - Charlie Riggenberg............636-3243 www.lowen83.com - lowensoccer@gmail.com

#### Football

West Bay Rams (5-15 years) Football & Cheerleaders-Ed......280-3237 www.westbavrams.com Men's Flag Football League - Danielle Brewer.....616-7182

#### Cheerleading

Ultimate All Stars Competitive Cheer & Dance Dee Williams......504-8015

# **Community Clubs & Organizations**

Boy Scouts of America Contact Council Headquarters at (650) 341-5633

Friends of the San Bruno Public Library Contact (650) 359-7917

Girl Scouts of America www.girlscoutsnorcal.org Contact 1-800-447-4475

Blood Centers of the Pacific Contact (650) 369-8211

Golden Chordsmen of San Mateo County Men Who Love To Sing. All are invited to join. Contact (650) 344-7464 for more information

San Bruno 4H Club Contact (650) 952-1209 or (650) 583-7249

San Bruno AARP Contact (650) 583-4499

San Bruno American Legion Contact (650) 201-6541

San Bruno Chamber of Commerce Contact (650) 588-0180 www.sanbrunochamber.com office@sanbrunochamber.com

San Bruno Community Gardens Contact (650) 868-4308 Garden is located at the south end of First Avenue near Lions Field.

San Bruno Lions Club Contact (650) 892-2202 Posy Parade - 1st Sunday in June!

San Bruno Mothers Club Contact (415) 706-6161

website: www.sanbrunomothersclub.com

San Bruno Police Reserves Contact Sergeant Grech at (650) 616-7100 agrech@sanbruno.ca.gov

San Bruno Rotary Contact (650) 624-8252 www.rotary5150.org

VFW Post 2517

Contact Commander Jim Johnson at (650) 697-1889

# Registration Information & Instructions

# **Registration Begins Immediately**

#### **Five Easy Ways To Register**

#### 1. Mail-In

Mail completed form, payment, (and health form if appropriate):

Veterans Memorial Recreation Center

567 El Camino Real San Bruno, CA 94066 Attn: Class Registration

2. Drop Off

Bring completed form and payment to the Recreation Center, Monday-Thursday 8:30am-8:30pm, Friday 8:30am-4:30pm, and Saturday 9:30am-12:30pm or in the mailbox outside the building anytime.

#### 3. Fax-In

(650) 583-2545

Fax registrations will be accepted when paying by VISA or MasterCard. Please write clearly. Fax registration will be compiled with that day's mail.

4. Internet Online Registration

To register from the comfort of your home, visit the Community Services Activity Guide website at www.sanbruno.ca.gov. A convenience fee applies.

#### 5. Walk-In

Monday-Thursday 8:30am-8:30pm, Friday 8:30-4:30pm, and Saturday 9:30am-12:30pm. Bring completed form to the Veterans Memorial Recreation Center in San Bruno City Park, 251 City Park Way.

#### **E-Mail Address**

San Bruno Recreation Services Division will be asking for your e-mail address when you register for classes so we can contact you with updates, bulletins, and special event notices. We will not sell or share your address. You will always have the option to opt out of our address list.

#### **Photo Use**

The City of San Bruno reserves the right to photograph facilities, activities, and program participants for potential future use. All photos will remain the property of the City of San Bruno and may be used for publicity, promotional or website purposes only.

**Independent Contractors** 

Many recreation classes are being provided by contract with an independent vendor. While the City of San Bruno has reviewed the vendor's qualifications, experience, and suitability for providing the class, the City may not have screened the individual employees of the vendor.

#### **Registration Information:**

- 1. There will be a \$26 fee for each returned check; payment must be made by money order or cash.
- 2. Resident fee applies to anyone living within the San Bruno City limits, all others must pay non-resident fee.
- 3. For classes located on school grounds, use of tobacco products is prohibited.
- 3. For hearing impaired persons, call California Relay Services at 1-800-735-0373 (Voice) or 1-800-735-0193 (TTY).
- 4. Make checks payable to "San Bruno Recreation".
- 5. A registration confirmation will be emailed to you so don't forget to include your email address.
- 6. DO NOT mail cash.
- 7. Visa/MasterCard payment is available. Accurately complete the designated box on the registration form.

#### San Bruno Resident Status

Residents live or own property in the City of San Bruno. All others are non-residents. We may require proof of residency. Acceptable proof of residency could be a current tax, utility bill or driver's license.

**Program Participation Minimum** 

In order to provide a positive experience for residents, each class, program or activity has a minimum participation requirement. From time to time, a program may be cancelled due to minimum participation numbers not being met. All participants are urged to enroll early to avoid programs being cancelled.

**Refund Policy** 

Full refunds will be issued only upon the Department's cancellation of a class or activity. Please allow 3 weeks for refunds to be processed. If you choose to withdraw from a class at least 3 working days prior to the first class meeting, you will receive a refund for the amount of the class, less a \$6.00 service charge per activity. If you choose to withdraw from a class less than 3 working days prior to the first class meeting, you may not receive a refund for that class. All refund requests will be taken on a case-by-case basis.

**Right to Deny Service** 

In the interest of the safety and well being of all participants, the City of San Bruno reserves the right to deny service to any participant.

# **Registration Form**



Please fill out the form below and mail with your payment to:
Veterans Memorial Recreation Center

MAILING ADDRESS: 567 El Camino Real San Bruno, CA 94066 650-616-7180 (phone) 650-583-2545 (fax)

PHYSICAL ADDRESS: 251 City Park Way San Bruno, CA 94066

Payer Name:									
Address:									
Day Phone:( )		C	ell Phone	e:( )		_ Em	ergency:( )		
Email Address: Re	ceive y	our receir	pt by email	and be included	in our reg	ular e	mail updates.		
Participant's Full Name		_				mber			Program Fee
Vac I hava	added	Ġ	to suppor	t the Vouth Re	creation (	Schol	archin Program		
Yes, I have added \$ to support the Youth Recreation Scholarship Program.  Total Fees \$									
Liability Release: In consideration of my application for the above activity, I hereby waive, release, and discharge any and all claims for damage for death, personal injury or property damage, which I may have, or which may hereafter occur to me, as the result of participation in said event or activity. This release is intended to discharge in advance the City of San Bruno, its officers, employees, agents or volunteers from liability, even though that liability may arise out of negligence or carelessness on the part of persons or entities listed above. It is understood that some recreational activities involve an element of risk or danger of accidents, and knowing these risks, I hereby assume those risks. It is further understood and agreed that this waiver, release, and assumption of risk is to be binding on my heirs and assigns. In the interest of the safety and well being of all participants we reserve the right to deny service to any participant. By signing this release, I agree to the use of my name and/or photo for City publicity. The city is not responsible for lost or stolen items.  Signature				It's Easy! You can even use your credit card! Visa M/C  Card Number  Exp. Date 3 Digit Verification Code I authorize the above charges. Cardholder's Name (Printed)  Signature					

Parental Consent: (To be completed if applicant is under 18 years of age): I give my consent for my son/daughter\_\_\_\_\_\_ to participate in the above activity and I execute the above liability release on his/her behalf. I have read and understood the foregoing registration form, liability release form, and parental consent form, and agree to all their terms and conditions.

# THE SAN BRUNO LIBRARY: 19,000 VISITORS EACH MONTH. WE HOPE ONE OF THEM IS YOU!

# Be a Volunteer Tutor in the **Homework Center**

Training Thurs. Jan. 30, 5-6 PM

Seeking dedicated, patient volunteers ages 14 through Adult. To sign up for a training session, call the library or email Homework Center Site Manager Melissa Elia at elia@plsinfo.org.



**Download Electronic Books from** the Library

http://www.sanbruno.ca.gov/library\_ebooks.html

# **Ebook Open House** January 9 from 6:15-8PM

Bring in your eReader and learn how to download books! In the Downstairs Community Room.

#### Covered California—Tagalog Enero 23, Huebes 6:30 Ng Hapon

Kalusugan!!! Covered California? Alamin ang mga bagong patakaran at impormasyon tungkol sa Affordable Care Act, na ipaliliwanag ng mga taga Seton Medical Center, dito sa San Bruno Public Library, sa wikang Tagalog. Kung meron mga katanungan, makakamtan ang mga sagot sa pagdayo dito. Mabibigyan kayo pagkakataon makakuha ng apoyntment para makapag-enrol sa Affordable Care Act. Pakitawagan lamang po si Louella Albornoz Angeles sa (650) 616-7078 o sumulat sa email address:angeles@plsinfo.org. Salamat po!

#### VISIT US!

Next to City Hall on El Camino 701 Angus Ave W. sbpl@plsinfo.org 650-616-7078 sanbrunolibrary.org



7th Annual Chinese New Year Celebration Mon., January 27 @ 6:30 PM



Bilingual Storytime in Mandarin Chinese and English followed by crafts and refreshments.

# Kamishibai **Theater** Wed., April 2





Celebrate Cherry Blossom Time and Spring Break with stories, snack and an activity! Kamishibai is a Japanese storytelling style that is a pre-cursor to comics, cartoons and manga. Presented by tellers Karen Yamashita and Barbara Bruxvoort.

Designed for children ages 5 to 100



San Bruno Community Services Department 567 El Camino Real San Bruno, CA 94066 PRSRT STD U.S. Postage Paid San Bruno, CA 94066 Permit #84

Residential Customer San Bruno, CA 94066 **ECRWSS** 

Project PRIDE's 35th Annual

# Easter Egg Hunt & Pancake Breakfast

Saturday, April 12 San Bruno City Park

All You Can Eat
Pancake Breakfast
9:00-11:00am
Adults-\$5
Over 65 & Under 12-\$3
6 & Under Free with one paid adult

Children's Activities 10:00-11:00am

Egg Hunt for Ages 1-8 11:00am







**Event Sponsored By:** 

